

EatingWell

# Tomato Soup

★★★★★

This simple tomato soup is perfect paired with your favorite grilled cheese sandwich. Make a double batch and freeze the extra for rainy-day emergencies.

EatingWell Test Kitchen

**Total:** 35 mins**Servings:** 8

## Ingredients

1 tablespoon butter

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

1 stalk celery, chopped

2 cloves garlic, chopped

1 teaspoon chopped fresh thyme or parsley

1 (28 ounce) can whole peeled tomatoes, with juice

1 (14 ounce) can whole peeled tomatoes, with juice

4 cups reduced-sodium chicken broth, “no-chicken” broth (see Note) or vegetable broth

½ cup half-and-half (Optional)

½ teaspoon salt

Freshly ground pepper to taste

## Directions

### Step 1

Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.

### Step 2

Stir in canned tomatoes (with juice). Add broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook for 10 minutes.

### Step 3

Puree the soup in the pot using an immersion blender or in batches in a blender. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

## Tips

To make ahead: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

## Tips

Ingredient Note: Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “no-chicken” broth, it can be found with the soups in the natural-foods section of most supermarkets.

## Nutrition Facts

**Serving Size:** about 1 cup

**Per Serving:** 79 calories; protein 3.8g; carbohydrates 8.4g; dietary fiber 2.6g; sugars 3.8g; fat 4.3g; saturated fat 1.4g; cholesterol 3.8mg; vitamin a iu 679.5IU; vitamin c 20.3mg; folate 16.5mcg; calcium 61.7mg; iron 1.2mg; magnesium 18.5mg; potassium 425.6mg; sodium 357.4mg; thiamin 1.7mg.

**Exchanges:** 1 1/2 vegetable, 1/2 fat

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