

Tomato Basil Soup

Prep Time: 10 Min **Cook Time:** 30 Min **Total Time:** 40 Min
Serves 2

Ingredients

2 cups Vegetable Broth
3 cup Fresh Tomatoes, chopped
3 oz. Tomato Paste
1/4 tsp. Dried Basil
2 cloves Garlic, minced
2 Tbsp. Dried Onion Flakes
1 tsp. Garlic Powder
1/4 tsp. Dried Oregano
Pinch of Marjoram
Salt & Pepper to taste

Instructions

- 1 Puree all the ingredients but the vegetable broth in a food processor or blender.
- 2 Add pureed ingredients to a medium sized pot along with the vegetable stock and heat to a boil.
- 3 Reduce heat and simmer for 30 minutes.
- 4 Serve hot and enjoy.

Notes

I added 65g of cooked ground beef (1 protein portion) and 1 pkg. of Shirataki noodles, cut into more of a rice appearance.

Very filling and very satisfying for those days when one is having a challenging day.....worked for me:)

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