

Cream of Tomato Soup

Servings: 5

Ingredients

- 2 cans [10.75 oz.] Campbell's Tomato Soup
- 2¼ c. 1% milk

Directions:

- Add tomato soup and milk to a medium saucepan, whisking until smooth.
- Warm over medium-low heat 15- to 20-minutes, stirring occasionally, until at desired temperature, being sure not to let it boil.

I usually serve this with whole grain cheese toast:

- We like Oroweat's Winter Wheat bread
- with a (¾ oz.) slice of Tillamook Cheddar, or Jalapeno Pepper Jack, cheese

Directions:

- Pre-toast each slice of bread in the toaster.
- Preheat broiler.
- Arrange bread slices on a cookie sheet, and add the slice of cheese to each.
- Broil on the second rung, for just 2- to 3-minutes, or until cheese starts to bubble.

Nutrition: Tomato Soup (Serving size: 1 cup of soup)

Calories: 173 Protein: 7.5g Carbohydrate: 31.9g Total fat: 1.4g
Saturated fat: <1g Sodium: 946mg Dietary fiber: 1.2g Sugars: 21.5g

Nutrition: Cheese Toast (Serving size: 1 cheese toast)

Calories: 186 Protein: 9.3g Carbohydrate: 14.3g Total fat: 10.5g
Saturated fat: 1.5g Sodium: 252mg Dietary fiber: 3g Sugars: 3.1g