



Photo by: Becky Luigart-Stayner

## Tomato-Basil Soup

Fresh tomato and basil are the stars of this classic summertime tomato soup recipe. Low-fat milk and light cream cheese keep it healthy.

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Yield: 8 servings (serving size: 1 cup soup and 1 bread slice)

### Ingredients

4 cups chopped seeded peeled tomato (about 4 large)	1/4 teaspoon cracked black pepper
4 cups low-sodium tomato juice	1/2 cup (4 ounces) 1/3-less-fat cream cheese, softened
1/3 cup fresh basil leaves	Basil leaves, thinly sliced (optional)
1 cup 1% low-fat milk	8 (1/2-inch-thick) slices diagonally cut French bread baguette
1/4 teaspoon salt	

### Preparation

Bring tomato and juice to a boil in a large saucepan. Reduce heat; simmer, uncovered, 30 minutes.

Place tomato mixture and basil in a blender or food processor; process until smooth. Return pureed mixture to pan; stir in milk, salt, and pepper. Add cream cheese, stirring well with a whisk, and cook over medium heat until thick (about 5 minutes). Ladle soup into individual bowls; garnish with sliced basil, if desired. Serve with bread.

NOTE: Refrigerate remaining soup in an airtight container for up to 1 week.

### Nutritional Information

#### Amount per serving

Calories: 133    Calories from fat: 30%    Fat: 4.4g    Saturated fat: 2.4g    Monounsaturated fat: 1.3g  
Polyunsaturated fat: 0.4g    Protein: 5.4g    Carbohydrate: 18.7g    Fiber: 1.9g    Cholesterol: 12mg    Iron: 1.5mg  
Sodium: 310mg    Calcium: 77mg

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