



# Creamless Creamy Tomato Soup

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size: 1 cup

## Ingredients

- 4 tablespoons olive oil, divided
- 1 medium onion, finely chopped (about 1 cup)
- 3 garlic cloves, minced (about 2 teaspoons)
- Pinch crushed red pepper flakes (optional)
- 2 (28-ounce) cans no-salt-added crushed tomatoes
- 3 slices whole-wheat sandwich bread, torn into 1-inch pieces
- 2 cups (16 ounces) low-sodium chicken or vegetable broth
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup chopped fresh chives or basil

## Directions

1. Heat a large pot over medium heat. Add 2 tablespoons of the oil and heat until shimmering.
2. Add the onion, garlic, and red pepper flakes (if using). Cook, stirring frequently, until the onion is softened, about 5-7 minutes.
3. Add the tomatoes with their juice and the bread. Bring to a boil over high heat, then reduce the heat to a simmer.
4. Cook, stirring occasionally, until the bread is completely saturated and starts to break down, about 3-5 minutes.
5. Transfer half the tomato mixture to the pitcher of a blender, along with 1 tablespoon of the oil. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes, then transfer the mixture to a large heatproof bowl.
6. Repeat step 5 with the remaining tomato mixture and 1 tablespoon of oil.
7. Return all of the blended tomato mixture to the pot. Stir in the broth, salt, and black pepper. Bring to a boil over high heat, then remove the pot from the heat.
8. Serve warm, topped with the chives or basil as desired.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 7.5 g | Saturated Fat: 1 g  
Sodium: 235 mg | Total Carbohydrate: 9.5 g | Dietary Fiber: 2 g | Protein: 2.5 g**

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