

Tomato Soup

Prepare for a timeless taste of nostalgia! Our Tomato Soup recipe is a smooth and creamy blend that includes canned plum tomatoes, fresh onions, and spices. This all-time childhood favorite never tasted so good.



CACFP Home Child Care Crediting Information

1 cup (1 cup measuring cup or 8 oz spoodle) provides $\frac{5}{8}$ cup vegetable ($\frac{1}{2}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable).

Preparation Time: 8 minutes

Cooking Time: 12 minutes

Makes: 6 servings

Ingredients

- 1 $\frac{1}{3}$ cup or 6 oz Fresh onions, diced
- 1 $\frac{1}{2}$ tsp Garlic powder
- 2 cup or 1 lb 4 oz Canned plum tomatoes, undrained
- 3 $\frac{1}{4}$ cup Water
- $\frac{1}{2}$ tsp Low-sodium chicken base
- 2 $\frac{1}{4}$ tsp Dried basil
- $\frac{1}{4}$ tsp Ground black pepper
- 1 tsp Sugar
- $\frac{1}{4}$ cup or 2 oz Canned no-salt-added tomato paste
- 2 Tbsp or 1 oz Margarine, trans fat-free

Directions

- 1 In a medium saucepan, add onions, garlic powder, tomatoes, water, chicken base, basil, black pepper, and sugar. Bring to a boil. Reduce heat to medium.
- 2 Add tomato paste. Simmer uncovered over medium heat for 7 minutes. DO NOT OVER COOK.
- 3 Remove from heat and transfer all ingredients from saucepan to a high-speed blender and blend at high speed for 60 seconds or until mixture has a smooth consistency.
- 4 Return the mixture to the saucepan.
- 5 Add margarine. Simmer uncovered over medium heat for 2-3 minutes. Stir well.
- 6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 7 Pour soup into large soup tureen or large soup bowl.
- 8 Critical Control Point: Hold at 140 °F or higher until served.
- 9 Serve 1 cup (portion with 1 cup measuring cup or 8 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 65, Protein 2 g, Carbohydrates 10 g, Dietary Fiber 3 g, Total Sugars 5 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 213 mg, Vitamin A 34 mcg RAE, Vitamin C 17 mg, Vitamin D 20 IU, Calcium 58 mg, Iron 1 mg, Potassium 377 mg.