



Becky Luigart-Stayner

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

Outstanding

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

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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

[Nutrition Guidelines for Healthy Living](#)

Ingredients

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

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.

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cc1978

This is a great use for all those fresh tomatoes coming out of the garden. If the tomatoes are really juicy, I use less tomato juice that the recipe calls for. I use a lot more black pepper as well. This is a great one to freeze.

Outstanding 08/31/11

Hillary1980

Excellent recipe! I've made it according to the recipe several times. This time, I used 2-28oz. cans of tomatoes, and also added in some carrots. Next time I will steam the carrots first. When I blended them, they still had a lot of texture to them. Other than that, I love this recipe.

Outstanding 08/02/11

KathyinManvel

The recipe doesn't taste bad, it just was nothing special and I would not make it again. I would like to have had a stronger basil flavor. I'll keep looking for a recipe that fits that bill.

Would not make again 07/04/11

KSilva

I make this at least once a week. My husband and my two oldest children (4 and 2) love this soup! I use canned diced tomatoes (italian style) and substitute fat free chicken broth for the vegetable juice because I always have those two things on hand. Sometimes I add carrots along with the tomatoes to add a natural sweetness. An immersion blender makes it super easy. Delicious.

Outstanding 03/03/11

wgcorbett

This soup is wonderful! I used canned tomatoes and it came out just fine. Nice creamy texture and great basil taste. Will definitely make again.

Outstanding 12/18/10

rogers6

wonderful soup and easy too! used can tomatoes because free were not available. My family loved it!!

Outstanding 11/18/10

malorey279

Very good! Don't skimp on salt or basil. Perfect cool weather soup!

Outstanding 10/05/10

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dasunrisin

This was very, very good. You may consider blending the cream cheese as well as the tomatoes and basil.

Worthy of a special occasion 04/26/10

RenoTX

yum, yum, yum! I was looking for a recipe that pretty much tastes like Campbell's soup (which my family likes), but with less sodium and preservatives. This one fits the bill. It is absolutely delicious. I left out the first batch of basil and simply chiffonade basil on top of each serving. This one is a keeper.

Outstanding 04/15/10

sbburris

My wife is a huge tomato-basil-soup fan, so I made this for her for Valentine's. She was very pleased, and I passed the recipe along to a gal at work who loved it, too. I'm not a huge fan of this style of soup, but it seems to be popular with those who like it.

Worthy of a special occasion 03/12/10

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COURSE: Soups/Stews | **CONVENIENCE:** Entertaining, Make-Ahead | **CUISINE:** American, Italian | **MAIN INGREDIENT:** Vegetables

DIETARY CONSIDERATION: Meatless | **COOKING METHOD:** Food Processor | **OCCASION:** Summer, Birthdays/Anniversaries

PUBLICATION: Cooking Light

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