

Fire-Roasted Tomato-Basil Soup

Active Time

20 Mins

Yield

Serves 4 (serving size: about 1 1/4 cups soup)

Total Time

25 Mins

By **HANNAH KLINGER** September 2017

Start with canned fire-roasted tomatoes to give the soup some smoky depth.

Ingredients

1 tablespoon olive oil

1 1/2 cups chopped onion

1/2 teaspoon kosher salt, divided

1/4 teaspoon crushed red pepper

2 teaspoons minced garlic

1 tablespoon unsalted tomato paste

2 cups unsalted chicken stock

1/2 cup torn basil leaves

2 (14.5-oz.) cans unsalted fire-roasted tomatoes

1/2 teaspoon sugar

1/4 teaspoon freshly ground black pepper

1/2 cup plain whole-milk Greek yogurt

2 tablespoons chopped fresh basil

How to Make It

Step 1 Heat oil in a large Dutch oven over medium-high. Add onion; sauté 3 minutes. Add 1/4 teaspoon salt, crushed red pepper, and garlic; cook 1 minute. Stir in tomato paste; cook 1 minute. Add stock, torn basil leaves, and tomatoes; bring to a simmer. Cook 8 minutes. Stir in remaining 1/4 teaspoon salt, sugar, and freshly ground black pepper.

Step 2 Place tomato mixture in a blender. Remove center piece from blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening (to avoid splatters); blend until smooth. Place 1/4 cup soup and yogurt in a small bowl; stir until smooth. Stir yogurt mixture into remaining soup. Divide soup among 4 bowls; top evenly with chopped basil.

Chicken Tortellini Soup



Chicken Tortellini Soup. An easy, cozy soup loaded with onions, carrots, celery, garlic, Italian seasoning, chicken broth, milk, fat free half-and-half (or heavy cream), a touch of white wine, store-bought rotisserie chicken, tomatoes, spinach, cheese tortellini, and parmesan cheese! Only 233 calories per cup!

Prep Time 30 mins

Cook Time 30 mins

Total Time 1 hr

Course: Main Dish, Soup Cuisine: American

Keyword: Chicken Tortellini Soup, chicken tortellini soup with spinach and tomatoes

Servings: 6 people Calories: 466kcal

Ingredients

- 1 tablespoon butter
- 1 small yellow onion diced
- 2 large carrots diced
- 2 large stalks celery diced
- 4 cloves garlic minced
- 1/2 teaspoon salt plus more to taste, I used 1 teaspoon
- 1/2 teaspoon pepper
- 1 tablespoon Italian seasoning
- 1/4 cup whole wheat flour could also use all-purpose flour
- 1/2 cup white wine I used pinot grigio
- 6 cups chicken broth
- 1 cup skim milk could use any milk, half-and-half, or heavy cream
- 1 cup fat free half-and-half could use more milk or heavy cream instead
- 4 cups shredded chicken I used a rotisserie
- 1 (28 oz) can diced tomatoes drained
- 1 (5 oz) package baby spinach
- 1-2 (10 oz) package refrigerated cheese tortellini I used 1, but could see some people wanting more
- 1/4 cup grated parmesan cheese

Instructions

1. Melt butter in a large stockpot over medium/medium-high heat.
2. Add in onion, carrots, celery, garlic, salt, pepper, and Italian seasoning.
3. Cook, stirring often, for 10 minutes. Or until veggies are tender.
4. Sprinkle in flour and cook for 1 minute, stirring constantly.
5. Slowly pour in wine, stirring constantly, to deglaze the pan.
6. Stir in broth, milk, and half-and-half.
7. Bring soup to a simmer, stirring occasionally.
8. Stir in shredded chicken, diced tomatoes, and baby spinach.
9. Bring back to a simmer.
10. Add in tortellini and simmer until cooked to your liking (I just followed package directions) about 3-5 minutes.
11. Stir in parmesan cheese.
12. Taste and re-season, if necessary.
13. Serve and enjoy!

Notes

This recipe makes 12 cups of soup.

Nutritional information is for 2 cups.

Nutrition

Serving: 2 cups | Calories: 466kcal | Carbohydrates: 42g | Protein: 38g | Fat: 14g | Saturated Fat: 5g | Cholesterol: 99mg | Sodium: 1694mg | Potassium: 1070mg | Fiber: 5g | Sugar: 10g | Vitamin A: 6625IU | Vitamin C: 38mg | Calcium: 322mg | Iron: 5.5mg