

Tomato Soup – Adapted from the Taste of Home Diabetic Cookbook, original recipe submitted by Marian Brown

4 servings

2 tsp. canola oil
¼ cup finely chopped onion
¼ cup finely chopped celery
2 cans diced tomatoes, undrained
1 ½ cups water
2 tsp brown sugar
½ tsp salt
½ tsp dried basil
½ tsp oregano
½ tsp coarsely ground pepper

Directions:

In a large saucepan, heat oil over medium-high heat. Add the onion and celery; cook, stirring 2-4 minutes until tender. Add the remaining ingredients. Bring to a boil. Reduce heat and simmer uncovered for 10 minutes. Puree soup using an immersion blender. Serve with grilled cheese sandwich or BLT.



Shopping List – Tomato Soup

- Canola oil
- Onion
- Celery
- 2 cans diced tomatoes
- Brown sugar
- Salt
- Dried basil
- Oregano
- Coarsely ground pepper