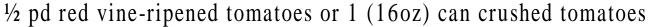
Indian Tomato Soup



- 2 tbls extra virgin olive oil
- 1 medium onion, finely chopped
- 1 green chile pepper, seeded and finely chopped
- 3 cloves garlic
- 1 tbls tomato paste
- 4 cups vegetable broth
- ½ tsp curry powder
- Chopped fresh cilantro

Nutritional Facts:

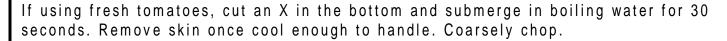
Calories = 122

Fat = 8g Sat. Fat = 1g

Protein = 4g Carbs = 18g

Fiber = 2g

Instructions:



Heat oil in large saucepan over medium heat. Add onion, chile pepper, and garlic and cook for 4 minutes, or until soft. Stir in the fresh or canned tomatoes and cook, stirring often for 5 minutes.

In a small bowl, blend tomato paste with vegetable broth and add to saucepan. Add the curry powder and simmer for 7 minutes.

To serve, sprinkle the cilantro on top for garnish. Add fresh parmesan if desired.

Makes 4 - 6 servings

Source: The South Beach Diet Cookbook