

Indian Tomato Soup

½ pd red vine-ripened tomatoes or 1 (16oz) can crushed tomatoes
2 tbs extra virgin olive oil
1 medium onion, finely chopped
1 green chile pepper, seeded and finely chopped
3 cloves garlic
1 tbs 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:

If using fresh tomatoes, cut an X in the bottom and submerge in boiling water for 30 seconds. Remove skin once cool enough to handle. Coarsely chop.

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