

Healthy Tomato Soup



The Ingredients

- 1 tbsp olive oil
- 2 carrots, diced
- 1 medium onion, diced
- 1 28 oz. canned whole plum tomatoes with juices
- 1 quart (32 oz.) vegetable broth
- 1 15 oz. can cannellini beans, rinsed and drained
- 2 tbsp tomato paste
- 2 tsp dried basil (1 tbsp for fresh basil)
- 1 tsp oregano (1 tbsp for fresh oregano)
- Salt and pepper to taste

Directions

- In a large pot, sauté onions and carrots in olive oil until soft. Then add tomatoes, vegetable broth, cannellini beans, tomato paste and ½ tsp each of salt and pepper.
- Cover soup and let simmer for 1 hour, stirring occasionally. Add basil and oregano. Use a stick blender to puree the soup until creamy or transfer in batches to blender. Adjust salt to your preferred taste.
- Serve soup with fresh basil.