



Total Time
30 MIN.

Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
MEDIUM

Yields
23


Creamy tomato soup made with Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation and fresh basil. This delicious, aromatic soup has less than 600 mg sodium per serving.

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 97	
	% Daily Value
Total Fat 2.6g	4%
Saturated Fat 1g	5%
Cholesterol 3mg	1%
Sodium 465mg	19%
Total Carbohydrate 15.8g	5%
Dietary Fiber 3.2g	13%
Protein 3.6g	7%
Vitamin A %	Vitamin C 22%
Calcium 10%	Iron 7%

INGREDIENTS

WEIGHT

MEASURE

margarine		2 tbsp.
onion, chopped	17 oz.	3 cups
garlic, peeled, minced	1 oz.	2 tbsp.
carrot, peeled, diced	9 oz.	2 cups
no salt added diced tomatoes, undrained	102 oz.	3 qt.
tomato puree	9 oz.	1 cups
 Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation	2 lb.	
water		3 qt.
Parmesan cheese	4 oz.	1 cups
black pepper, ground		2 tsp.
ground red pepper		1/8 tsp.
kosher salt		1 tbsp.
cornstarch	4 oz.	1 cups
water		1 cups
fresh basil leaves, minced	2 oz.	1 cups
reduced fat (2%) milk		1 cups
fresh basil leaves, shredded	2 oz.	1 1/2 cups



INSTRUCTIONS

1. In a kettle, heat margarine to sauté vegetables:

- Add onions and sauté 5-6 minutes until golden brown.
- Add garlic and sauté 1 more minute.
- Stir in carrots. Cook 2 minutes.

2. Add canned tomatoes and puree. Simmer for 10 minutes.

3. Add Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation, water, parmesan cheese, black pepper, red pepper and salt. Return to a boil, reduce heat and simmer for 5 minutes. Remove from heat.

4. With an immersion blender, puree mixture until very smooth. Return pureed soup to the heat and bring to a simmer.

5. Mix cornstarch and water in a bowl. Add mixture to the soup and stir.

6. Season with minced basil.

7. Stir in milk. Heat to a simmer.

CCP: Ensure final cook step reaches a minimum internal temperature of 165°F for one minute.

CCP: Hold hot at 140°F or higher for service.

8. Use an 8 oz ladle to portion each serving of soup (1 cup). Top each serving with 2 tsp. fresh shredded basil. Serve immediately.