



CRAVING HEALTH
DIETITIAN & WELLNESS SERVICES
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Tomato Soup (Better than Canned!)

This warm and comforting tomato soup is better than anything you'll find in a can. You cannot beat homemade!

Prep time: 15 minutes; Cook time: 4-8 hours

Makes 6-8 servings

INGREDIENTS

- 2 medium carrots
- 6 roma tomatoes
- 2 tbsp fresh basil
- 2 tsp black pepper
- 2 tsp olive oil
- 1/2 sweet onion
- 1L veggie broth
- salt to taste
- 1/2 c parmesan cheese



INSTRUCTIONS

1. Prepare all ingredients, except for the parmesan cheese, in a crock pot and stick in the fridge overnight
2. In the morning put the crock pot on low and let sit for 8 hours.
3. After 8 hours puree until smooth and add in the parmesan cheese.

**Do you have a copy of our FREE Guide –
5 Secrets for Healthy Eating Success?**

www.cravinghealth.ca/5-secrets

