



Beet and Tomato Soup

Servings:

8

Ingredients:

- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, chopped
- ½ teaspoon salt
- 4 small beets, washed, peeled and cubed
- 6 carrots, washed, peeled and sliced
- 1 28-ounce can diced tomatoes
- 4 cups low-sodium chicken or vegetable broth
- ½ teaspoon black pepper
- Juice of 1 lemon

Directions:

1. Heat oil in a large pot over medium heat.
2. Add the onion, garlic, and salt and cook for 5 minutes.
3. Add the beets, carrots, tomatoes, and broth.
4. Bring to a boil, then reduce heat to low.
5. Cover and cook for 1 hour.
6. Let cool, and blend soup in batches until smooth.
7. Stir in lemon juice and chill in the refrigerator if desired.
8. Soup can be served cold or hot.

Nutrition Facts

Serving Size 1 cup (328g)
Servings Per Container 8

Amount Per Serving

Calories 120 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 490mg **20%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 4g

Vitamin A 160% • Vitamin C 30%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

