

HEALTHY TOMATO SOUP

RECIPE



☰ Prep: 5 mins
 🕒 Cook: 20 mins
 🍴 Servings: 4
 ★ ★ ★ ★ ☆

Ingredients

- ▲ 2 x 400 g cans no-added-salt diced tomatoes
- ▲ 2 tbs no-added-salt tomato paste
- ▲ 1 tsp reduced-salt vegetable stock
- ▲ 400 g can no-added-salt red kidney beans, drained and rinsed
- ▲ 1/2 cup frozen corn kernel
- ▲ 2 tsp paprika
- ▲ 1/2 tsp ground coriander, optional
- ▲ 1/2 tsp ground cumin, optional

Method

1. Add all ingredients plus one can filled with water (1½ cups) to a medium saucepan.
2. Cook over high heat until the soup boils. Stir for 5 minutes.
3. Reduce heat to medium and simmer for 20 minutes or until the soup reduces and thickens.

Nutrition Information

	per serving	per 100g
Energy	577 kJ	197 kJ
	138 Cal	47 Cal
Protein	6.8 g	2.3 g
Fat, total	1.1 g	0.4 g
— saturated	0.1 g	0 g
Carbohydrate	20.7 g	7.1 g
— sugars	9.7 g	3.3 g
Sodium	450 mg	153.7 mg
Fibre	7.7 g	2.6 g