

APRIL IS NATIONAL SOYFOODS MONTH

Creamy Tomato Soup

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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|-------------------------------|------------------------------------|
| 1 medium onion, diced | 1/2 tsp salt |
| 2 tsp soybean oil | 1/2 tsp white pepper |
| 1 large tomato, diced | 1 cup soymilk |
| 1/2 tsp chopped garlic | 1 package (12 oz.) |
| 1 tsp fresh basil, chopped | firm lite silken tofu, crumbled |

Per 1 1/2 cup:

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| Calories: | 181 |
| Total fat: | 8.5 g |
| Saturated fat: | 0 g |
| Cholesterol: | 0 mg |
| Sodium: | 450 mg |
| Carbohydrate: | 17 g |
| Protein: | 12 g |
| Soy Protein: | 10 g |
| Dietary Fiber: | 3 g |

In 4-quart saucepan saute onion in oil for 3 minutes or until transparent. Add tomato and garlic; continuing cooking 2-3 minutes. Add basil, salt, and pepper. Blend in soymilk. Cook, stirring constantly, for 1 minute. Remove from heat and cool briefly. Stir in tofu. Transfer to food processor and puree until smooth. Serve hot or chilled.

Yield: 3 (1 1/2 cups)