Creamy Avocado Tomato Soup

Ingredients

- 1 tablespoon olive oil
- 3/4 cup chopped onion
- 2 cloves garlic, minced
- 1-14.5-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1-1/2 cups low sodium tomato juice
- 3 cups low sodium chicken or vegetable broth
- 2 teaspoons sugar
- 1/2 teaspoon pepper
- 3 ripe, fresh Hass avocados, halved, pitted, peeled and sliced
- 1 teaspoon lemon juice
- 1/2 teaspoon dried thyme

Nutrition Info

Per serving: 160 calories, 10g total fat, 2g sat fat, 7g mono fat, 200mg sodium, 14g carbohydrates, 5g fiber, 8g added sugar, 4g protein

Directions

1. Heat oil in a large pot over medium heat. Add onion, cook, stirring frequently, about 5 minutes until translucent. Add garlic, cook 1 minute more.

2. Stir in tomatoes and their juice, tomato paste, tomato juice, broth, sugar, pepper and dried thyme.

3. Increase heat to medium high, bringing soup to a boil. Reduce heat; let simmer 5 minutes. Let soup cool 5 – 10 minutes.

4. Cut 2 avocados into cubes and add to slightly cooled tomato mixture.   Cut remaining avocado into small cubes, sprinkle with lemon juice and set aside for garnish.

5. Puree the tomato and avocado mixture using an immersion blender until smooth. Reheat before serving. (Alternatively, puree soup in a food processor until smooth. Add pureed soup back to pot and reheat before serving.)

6. To serve, pour soup into bowls and top with slices of remaining avocado.

Serving Suggestions: Top soup with garlic croutons if desired.

Grocery List

- 1 medium onion

- 2-cloves garlic

- 1-14.5 ounce can diced, Muir Glen tomatoes

- 6-ounce can Muir Glen tomato paste (unused portion can be frozen in ice cube trays)

- 32-ounce package Cadia low-sodium chicken or vegetable broth (unused portion can be frozen)

- 3 avocados

- Good Harvest Bakery Croutons

- *Items not counted in the ingredients are regular pantry items such as oils, dried herbs, spices and condiments.*

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