

# TOMATO & RED BELL PEPPER SOUP



## INGREDIENTS

- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 3/4 cups fat-free, low-sodium chicken broth
- 1/2 cup chopped, roasted red bell peppers, drained
- 1 Tbsp. dried basil, crumbled
- 1/2 tsp. dried oregano, crumbled
- 1/8 tsp. crushed red pepper flakes (optional)
- 2 tsp. extra virgin olive oil
- 1/4 tsp. sugar
- 1/8 tsp. salt
- 1/4 cup chopped, fresh parsley



*Recipe courtesy of the American Heart Association*

## DIRECTIONS

1. In a medium saucepan, stir together the tomatoes with liquid, broth, roasted peppers, basil, oregano, and red pepper flakes. Bring to a boil over high heat.
2. Reduce heat and simmer, covered, for 10 minutes.
3. Remove from heat. Stir in the oil, sugar and salt. Serve sprinkled with parsley.