

Low-Point Rustic Tomato-Basil Soup

Ingredients:

- 3/4 cup fat-free half and half
- 1/4 cup fresh basil leaves
- 1 Tbs olive oil
- 2 Tbs lemon juice
- 1 Tbs Splenda
- 1 tsp. kosher salt (or sea salt)
- 1 tsp. pepper
- 3 large beefsteak tomatoes (those wonderful big juicy ones), chopped
- 2 green onions, chopped
- 1/2 tsp. minced garlic (tip: you can buy a jar of garlic already minced to save time)
- parmesan cheese

Combine all ingredients, except parmesan, into a blender and blend until smooth. Transfer to a sauce pan and heat to desired temperature. Add 1/2 Tbs parmesan to each bowl of soup before serving. You can also garnish with more basil as well.

Total servings - 4 cups

Serving size - 1 cup

Total points per serving - 1.5

Total points per serving - 1

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Never stop doing your best just because someone doesn't give you credit." - Anonymous