

# Low-Point Tomato Basil Pasta Soup

## Ingredients:

- 6 oz. pasta (I used 100% whole grain spaghetti), broken into smaller pieces
- 1, 15 oz. can diced tomatoes with liquid
- 1/2 of a large sweet onion, diced
- 3 cloves of garlic, diced
- 2 tsp. dried oregano leaves
- 3 large basil leaves, chopped (or 1 Tbs dried basil leaves)
- 5 cups vegetable broth (low sodium)
- 2 cups water
- 1 Tbs olive oil
- 1/2 tsp. creole seasoning or red pepper flakes (optional)
- 1/2 tsp. sea salt
- 1/2 tsp. pepper
- parmesan cheese for garnish (optional)

Place all in large stock pot. Cover and bring to a boil. Reduce to low simmer, keep covered, and cook for 10 to 15 minutes. Season to taste if desired and garnish with parmesan cheese. Enjoy!

Total servings - 7 cups

Serving size - 1 cup

Points per serving - 2.5

Points plus per serving - 3

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

***"Often the eyes articulate what the mouth doesn't." - Anonymous***