Quick Tomato Soup

Yield: 6 servings, 1½ cups each
Total Time: 30 minutes

Ingredients
1 tablespoon olive or canola oil
3 cloves garlic, minced or ½ teaspoon dried garlic
1 teaspoon dried herbs, such as thyme, oregano, rosemary or basil
¼ teaspoon crushed red pepper (optional)
2 28-ounce cans crushed tomatoes
1 cup water
2 cups nonfat or low-fat milk

Preparation Instructions
1. Heat oil in a large saucepan over medium heat. Add garlic, herbs and crushed red pepper (if using). Stir and cook until fragrant, about 30 seconds.
2. Add tomatoes and water. Bring to a boil; reduce heat and simmer for 10 minutes. Stir in milk and heat through before serving.

Nutrition Analysis
Per Serving: 140 calories; 3g fat (0g saturated, 0g trans); 0mg cholesterol;
540mg sodium; 24g carbohydrate (5g dietary fiber; 16g sugar, including 0g added sugars);
7g protein. Vitamin D 6%, Calcium 15%, Iron 20%, Potassium 15% Daily Value.

Tip: Use no-salt-added tomatoes to decrease sodium.

Cost
Per serving: $0.91