

Fresh Tomato Soup with Basil

4 1/2 cups chopped, seeded peeled tomato
3/4 cup chopped onion
1/2 cup chopped celery
1 cup water
1 tsp chicken flavored bouillon granules
1/2 tsp sugar
1/4 tsp freshly ground pepper
1/3 cup finely chopped fresh basil

Coat a large pot with cooking spray. Place over medium heat until hot. Add tomato, onion, and celery. Sauté 5 minutes or until onion is tender. Add water, bouillon granules, sugar and pepper and bring to a boil. Cover, reduce heat and simmer 30 minutes, stirring occasionally. Pour half of tomato mixture into a blender or food processor, process until smooth. Pour into a bowl. Repeat procedure with remaining tomato mixture. Stir in chopped basil and serve warm, or cover and chill.

Makes 5, 1 cup servings @ 0 points each and Core!