

Easy Cream of Tomato Soup

One tablespoon	reduced-fat margarine
One tablespoon	canola oil
One medium	onion, finely chopped
One-half teaspoon	crushed dried thyme
One-quarter teaspoon	crushed dried oregano
Three cans (14 ½ ounces each)	tomatoes, diced, with juice, no salt added
Five cups	chicken broth, fat-free, no-salt
	pinch cayenne pepper (optional)
	salt (optional)
	freshly ground pepper to taste
Two cans (12 ounces each)	evaporated skim milk

1. In a heavy soup pot, heat margarine and oil over medium-low heat. Add onion and cook about 10 minutes, stirring frequently, until onion is very limp. Don't let the onion brown.
2. Add thyme, oregano, tomatoes with their juice, and chicken broth. Bring to a boil; reduce heat to low and simmer, partially covered, for 20 minutes.
3. Taste soup, adding cayenne and salt (if using) and pepper.
4. Stir in evaporated milk and heat through. Do not let mixture actually boil.

Nutrition Information Per Serving

Calories: 94 Fat: 2 g Cholesterol: 2 mg Sodium: 112 mg

Courtesy of <http://www.diabetic-recipes.com>

Adapted from <http://www.applesforhealth.com/HealthySideDishes/ecrtomsp3.html>