

# Tomato Artichoke Soup

Chef *Stephen* of Delaware North

RECIPE MAKES: 8 (4oz) SERVINGS

## INGREDIENTS

- ♥ 28-ounce can fire roasted diced tomatoes (salt free)
- ♥ 15-ounce can artichokes (in water)
- ♥ 1 cup water
- ♥ ½ cup Tahini
- ♥ 2 Tbsp. butter
- ♥ 1 large yellow onion
- ♥ 1 clove garlic
- ♥ 3 bay leaves
- ♥ ½ tsp. oregano
- ♥ 1 tsp. basil

## NUTRITION INFO

| Nutrition Facts               |               |
|-------------------------------|---------------|
| servings per container        |               |
| <b>Serving size</b>           | <b>(142g)</b> |
| Amount per serving            |               |
| <b>Calories</b>               | <b>110</b>    |
| % Daily Value*                |               |
| Total Fat 7g                  | 9%            |
| Saturated Fat 2g              | 10%           |
| Trans Fat 0g                  |               |
| Cholesterol 5mg               | 2%            |
| Sodium 230mg                  | 10%           |
| <b>Total Carbohydrate</b> 10g | <b>4%</b>     |
| Dietary Fiber 2g              | 7%            |
| Total Sugars 2g               |               |
| Includes 0g Added Sugars      | 0%            |
| <b>Protein</b> 4g             |               |
| Vitamin D 0mcg                | 0%            |
| Calcium 42mg                  | 4%            |
| Iron 1mg                      | 6%            |
| Potassium 68mg                | 2%            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Chop 1 large onion and 1 clove of garlic. In a large soup pot heat 2 Tbsp. of butter. Sauté the onions, garlic, and 3 bay leaves until the onions are translucent
2. Chop the artichokes into smaller pieces. In the soup pot, add the artichokes, tomatoes, 1 cup of water, ½ cup Tahini, ½ tsp. oregano, 1 tsp. basil. Simmer for 10 minutes
3. Using a blender, blend the soup to a smooth consistency
4. Make the gluten free croutons by cutting bread into small cubes, and then toss in a bowl with crushed red pepper, 2 Tbsp. olive oil, ¼ tsp. salt and pepper. Bake in the oven at 350 degrees until golden. Serve on top of soup.

Healthy Options

