

TOMATO BASIL WITH ORZO SOUP

Yield: 13 Servings (1 cup per serving)



TOTAL TIME: 35 minutes

INGREDIENTS

- 1 pkg. (8 oz.) Food You Feel Good About Cleaned & Cut Mirepoix (carrot, celery, and onion mixture)
- 2 Tbsp. Wegmans Basting Oil
- 1 Tbsp. chopped peeled garlic
- 1 can (28 oz.) roma tomatoes with basil
- 1 can (28 oz.) crushed tomatoes with Italian herbs
- 1 carton (32 oz.) vegetable culinary stock
- Sea salt and cracked black pepper
- 2 roasted red peppers, ¼-inch dice
- 1 cup orzo pasta
- 1 cup light cream
- 2 Tbsp. chopped fresh basil

PREPARATION

1. Add mirepoix and basting oil to large stockpot on medium-high. Cook, stirring, 6–7 min. Add chopped garlic. Cook 2 min., until vegetables are tender.
2. Add all tomatoes; simmer about 10 min. Add stock; return to simmer. Season to taste with salt and pepper.
3. Add red peppers and pasta. Simmer 8–10 min., stirring often, until pasta is firm but tender. Remove from heat.
4. Temper cream: Pour cream into medium bowl. Add a few ladles of hot soup to cream to slowly raise cream temperature. Add cream mixture to soup; fold in basil. Ladle into warmed bowls to serve.

Note: This soup freezes very well.

NUTRITION

Per serving: Calories: 170; Fat: 6 g (3 g saturated fat); Cholesterol: 10 mg; Carbohydrates: 24 g; Fiber 3g; Protein: 4 g; Sodium: 250 mg.

Recipe courtesy of Wegmans