Rustic Tomato Soup

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick

The secret to this recipe is including just the right amount of salt to enhance the flavors of the dish. To make this dish more filling, mix in a cup of rinsed red beans at the end.

About the Recipe

252 Calories · 7 g Protein · 5 g Fiber
Lunch · Dinner
Gluten-free · Nut-free

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

Ingredients

Makes 2 Servings

- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 4 Roma tomatoes, chopped
- 1/4 bunch or 1 tsp (5 mL) fresh thyme
- 1/4 tsp (1.2 mL) iodized salt
- 1/4 tsp (1.2 mL) ground black pepper
- 1/8 tsp (0.6 mL) ground cumin
- 1/2 c (95 g) brown rice
- 1/4 tsp (1.2 mL) crushed red pepper (optional) **optional*

Directions

1. Saute the onion over medium heat until it just starts to brown. Add the garlic, sauteing for another minute.

2. Add 1 c (240 mL) of water and the remaining ingredients (including optional crushed red pepper if desired), except for the rice. Simmer until tomatoes are soft. Smash the tomatoes with your spoon as they cook until they have turned into sauce.
3. Add the rice and cover the pot. Reduce the heat to low and cook for 25 minutes. If you would like to add a cup of rinsed, red beans to this dish you can do so once the soup is removed from the heat.
4. Note: Use a short-grain brown rice in this dish for a chewier texture.

Nutrition Facts

Per serving:

Calories: 252
Fat: 2 g
    Saturated Fat: 0.5 g
    Calories From Fat: 6%
    Cholesterol: 0 mg
Protein: 7 g
Carbohydrate: 53 g
Sugar: 7 g
Fiber: 5 g
Sodium: 327 mg
Calcium: 53 mg
Iron: 3.2 mg
Vitamin C: 52.8 mg
Beta-Carotene: 663 mcg
Vitamin E: 1.5 mcg