

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.

About the Recipe

142 Calories · 4 g Protein · 4 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

- yellow onion, diced (1/2)
- garlic, minced (2 cloves)
- Roma tomatoes, chopped (4)
- fresh thyme leaves (1 tsp.)
- salt (1/4 tsp.)
- freshly ground pepper (1/4 tsp.)
- ground cumin (1/8 tsp.)
- water (1 cup)
- short-grain rice (1/2 cup)
- rinsed red beans (1 cup)
- crushed red pepper (1/4 tsp.)

Directions

1. Sauté the onion over medium heat until it just starts to brown. Add the garlic, sautéing for another minute.
2. Add 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're adding the optional beans, do so once the soup is removed from the heat.

Nutrition Facts

Per serving

Calories: 142

Protein: 4 g

Carbohydrate: 30 g

Sugar: 5 g

Fat: 1 g

Calories from Fat: 7%

Fiber: 4 g

Sodium: 292 mg