



# Soup

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## Family Favorite Tomato Soup

### Helpful Hints

This tomato soup has only 40 milligrams of sodium in a serving. Canned soups can have more than 500 milligrams of sodium in a single serving.

**Be a good role model. Let your kids see you enjoying fruits and veggies.**

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# Family Favorite Tomato Soup

Serves 8

## Ingredients

3 tablespoons butter  
1 medium yellow onion, diced  
2 cans diced tomatoes, 14½  
ounces each  
1 46-ounce bottle or can  
tomato juice  
2 tablespoons sugar  
Black pepper to taste  
1 cup 2% milk  
¼ cup fresh basil, chopped  
(optional)

## Directions

1. Melt butter in large pot. Add onion and cook until soft, about 5 minutes.
2. Add diced tomatoes and tomato juice. Stir to combine.
3. Stir in sugar and pepper.
4. Heat almost to boil.
5. Turn off heat.
6. Add milk and basil, if desired.
7. Serve warm.