

Elizabeth's Edible Experience

<http://elizabethsedibleexperience.blogspot.com/2013/01/hot-liquid-food-for-me.html>

Tomato Basil Soup

Adapted from Cooking Light [March 2012](#)

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 1/2 cups chopped onion
- 3 garlic cloves, chopped
- 3/4 cup chopped fresh basil
- 1 (28-ounce) can fire-roasted diced tomatoes, undrained
- 1/2 cup (4 ounces) 1/3-less-fat cream cheese, cut into cubes
- 2 cups 1% low-fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preparation

1. Heat olive oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Stir in garlic; cook for 1 minute. Add basil and tomatoes; bring to a boil.
2. Stir in cheese until melted. Place mixture in blender, and blend until smooth. Return to pan; stir in milk, salt, and pepper. Return to medium-high; cook 2 minutes.