

Tomato Basil Soup with Cheese Toast

Servings: 2 (1 1/2 cups)

Adapted from Cooking Light JANUARY 2002

Ingredients

1 teaspoons olive oil
2 garlic cloves, minced
1 cup fat-free, less-sodium chicken broth
1 cup 1% or fat-free milk
1 (14.5-ounce) can diced fire-roasted tomatoes, undrained
1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
1 cup fresh basil leaves, thinly sliced
Pinch of ground red pepper (cayenne)
2 wedges Laughing Cow Cheese Spreadable Garlic & Herb Light
2-4 slices of whole wheat baguette

Preparation

1) Heat oil in a large pot over medium heat. Add garlic; cook 30 seconds, stirring constantly. Stir in the broth, milk, 1 can of fire-roasted tomatoes, and half the can of diced tomatoes; bring to a boil. Reduce heat; simmer 20 minutes.
2) Heat oven to 400 degrees. Spread baguette slices on baking sheet and toast for 5-7 minutes. Top with spreadable cheese.
3) Stir basil into soup. Place half of the soup in a blender; process until smooth. Pour pureed soup back into pot and add other half can of diced tomatoes. Simmer 5 minutes and serve. Garnish with basil leaves, if desired.