

Tomato Soup with Blue Cheese



- 1 tablespoon extra virgin olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 3 cups (1 28-ounce) can crushed tomatoes, undrained
- 1 can (14.5 ounces) fat free, low sodium chicken broth
- 1/4 cup dry red wine or additional broth
- 1 teaspoon sugar
- 1/4 teaspoon dried thyme
- 1/2 cup half and half
- 2/3 cup crumbled blue cheese, divided
- 1/8 teaspoon ground black pepper

1. Over medium heat brown onion and celery in oil for 10 minutes, stirring often.
2. Add crushed tomatoes, broth, wine, sugar and dried thyme. Bring to a boil, reduce heat and simmer, uncovered, 20 minutes.
3. Stir in half and half and 1/2 cup blue cheese. Keeping heat low, heat soup but do not boil.
4. To serve, divide into bowls and top with remaining cheese and a sprinkle of black pepper.

Serves 6.

Nutrition Facts, with wine		
Servings per recipe: 6		
Calories 171	Calories from fat 81	
	% Daily Value	
Total Fat 9g		14%
Saturated Fat 5g		23%
Cholesterol 4mg		16%
Sodium 545mg		23%
Carbohydrate 14g		5%
Dietary Fiber 3g		12%
Protein 9g		18%
Vitamin A: 23%	Vitamin C: 23%	Folacin: 8%
Calcium: 16%	Iron: 12%	Potassium: 16%