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Tomato Soup

A classic tomato soup recipe that is perfect for a comforting meal. It is made with fresh tomatoes, onions, garlic, and herbs, and is blended to a smooth consistency. Serve it with a grilled cheese sandwich for a delicious and satisfying meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

| | |
|---------------------|-----------|
| 800 g | Tomatoes |
| 100 g | onion |
| 2 cloves | garlic |
| 2 tbsp | olive oil |
| 1 tsp | salt |

| | |
|----------------|-----------------|
| 0.5 tsp | black pepper |
| 1 tsp | sugar |
| 1 tbsp | Basil |
| 0.5 tsp | Thyme |
| 500 ml | vegetable stock |

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add onions and garlic, and cook until onions are translucent.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add tomatoes, salt, black pepper, sugar, basil, and thyme to the pot. Stir well and let simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Blender

Remove the pot from heat and let it cool slightly. Use an immersion blender or transfer the mixture to a blender to puree until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Return the soup to the pot and add vegetable stock. Simmer for another 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serve the tomato soup hot with a garnish of fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g | 36.36% | 40% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 12 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 3 g | 10.71% | 12% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 40 iu | 4.44% | 5.71% |
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 6 mg | 75% | 33.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 800 mg | 23.53% | 30.77% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue Picnic

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron High Calcium

Difficulty Level

Medium

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