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## Nutrition Information

| Nutrients             | Amount     |
|-----------------------|------------|
| <b>Calories</b>       | <b>120</b> |
| Total Fat             | 4 g        |
| Saturated Fat         | 1 g        |
| Cholesterol           | 0 mg       |
| Sodium                | 210 mg     |
| Total Carbohydrate    | 18 g       |
| Dietary Fiber         | 3 g        |
| Total Sugars          | 13 g       |
| Added Sugars included | N/A        |
| <b>Protein</b>        | <b>6 g</b> |
| Vitamin D             | N/A        |
| Calcium               | N/A        |
| Iron                  | N/A        |
| Potassium             | N/A        |

N/A - data is not available

# Tomato Basil Soup

**Makes:** 4 servings

## Ingredients

- 1 onion (medium, chopped)
- 1 **tablespoon** olive oil
- 2 garlic clove (crushed, or 1/4 teaspoon garlic powder)
- 1 **can** tomatoes (15 1/2 ounce, drained and chopped)
- 1 **pinch** red pepper (ground)
- 1 **teaspoon** basil (dried)
- 2/3 **cup** non-fat dry milk (NDM) (+ 2 cups water or substitute 2 cups nonfat milk for the reconstituted NDM)
- salt and pepper (optional, to taste)

## Directions

1. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
2. Add garlic and cook 1 minute longer. Add chopped tomatoes.
3. Cook uncovered over medium heat for 10 minutes.
4. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan.
5. Add red pepper, basil, and reconstitute NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper (optional). Serve immediately.

**Source:** USDA Food and Nutrition Service, USDA's Collection of Nonfat Dry Milk (NDM) Recipes Food Distribution Service