

Studio 5

Friday, February 23, 2007

“Easy Italian Tomato Soup”

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Dairy Farmers of Utah

Ingredients:

1 envelope (2.2 oz) dry chicken noodle soup
3 cups water
1 can (15 oz) pizza sauce
1 can (15 oz) ready-cut Italian tomatoes
2 ounces pepperoni chopped
6 ounces shredded or diced mozzarella cheese*
Garlic seasoned croutons
French fried onion rings, optional

Method:

Combine water and chicken noodle soup mix in 2-qt microwave safe bowl. Microwave soup for approximately 8-10 minutes on high; stirring once or twice.

Add pizza sauce, tomatoes and chopped pepperoni; microwave soup for 5-6 minutes on high.

To serve: place soup in individual bowls; sprinkle with optional French fried onions, cheese* and croutons.

Notes:

Serves 6. This soup makes a great quick and easy tomato soup that reminds you of a delicious pizza!

* Substitute shredded cheese for a grilled cheese sandwich (excellent).

Nutrition Facts	
Serving Size 1 1/4 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 4.5g	23%
Cholesterol 25mg	8%
Sodium 1260mg	52%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 13g	
Vitamin A 15%	• Vitamin C 25%
Calcium 25%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	