



Homemade Tomato Soup with Grilled Cheese

4 servings

45 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
 1/2 Yellow Onion (medium, chopped)
 1 Red Bell Pepper (large, chopped)
 2 Garlic (clove, minced)
 Sea Salt & Black Pepper (to taste)
 2 cups Chicken Broth, Low Sodium (divided)
 3 1/2 cups Canned Whole Tomatoes (with the juices)
 1 tbsp Oregano (divided)
 4 ozs Cheddar Cheese (sliced or grated)
 14 ozs Sourdough Bread

Nutrition

Amount per serving	
Calories	503
Fat	17g
Carbs	61g
Net Carbs	56g
Fiber	5g
Sugar	8g
Protein	21g
Cholesterol	28mg
Sodium	1086mg
Vitamin A	2171IU
Vitamin C	62mg
Calcium	264mg
Iron	5mg

Directions

- 1 In a large pot, heat half of the oil over medium heat. Add the onion, bell pepper, garlic, salt, and pepper. Cook for seven to eight minutes or until the vegetables are soft and lightly browned. Add a splash of broth if needed.
- 2 Stir in the canned tomatoes, remaining broth, and half of the oregano. Bring to a boil, then simmer covered for 15 to 20 minutes.
- 3 Remove from the heat and use an immersion blender to blend the soup until smooth. Alternatively, carefully pour the soup into a high-powered blender and blend until smooth. Work in batches as needed and vent for heat to escape. Stir in the remaining oregano.
- 4 To make the grilled cheese, place the cheese between the bread to form a sandwich. Heat a pan over medium-low heat. Once hot, add the remaining oil and place the sandwich in the pan. Cook for two to three minutes per side or until both sides are browned and the cheese has melted. Repeat with each sandwich. Add more oil to the pan if needed.
- 5 Divide the soup evenly into bowls and serve with the grilled cheese sandwiches. Enjoy!

Notes

Leftovers: Refrigerate the soup in an airtight container for up to three days. Freeze for up to three months. The sandwiches are best served fresh.

Serving Size: One serving is one grilled cheese sandwich with approximately 1 1/4 cup of soup. One slice of sourdough bread is approximately 1 3/4 oz or 50 grams.

More Flavor: Blend fresh parsley and basil into the soup.

No Chicken Broth: Use vegetable broth instead.

Gluten-Free: Use gluten-free bread instead.