

◀ Creamy Tomato-Balsamic Soup

Cooking the vegetables at the high temperature of 500° caramelizes their natural sugars and deepens their flavor; the liquid poured over them ensures they won't burn. Prepare the soup up to two days ahead; reheat over medium heat before serving.

- 1 cup less-sodium beef broth, divided
- 1 tablespoon brown sugar
- 3 tablespoons balsamic vinegar
- 1 tablespoon low-sodium soy sauce
- 1 cup coarsely chopped onion
- 5 garlic cloves
- 2 (28-ounce) cans whole tomatoes, drained

Cooking spray

$\frac{3}{4}$ cup half-and-half

Cracked black pepper (optional)

- 1.** Preheat oven to 500°.
- 2.** Combine $\frac{1}{2}$ cup of broth, sugar, vinegar, and soy sauce in a small bowl. Place onion, garlic, and tomatoes in a 13 x 9-inch baking pan coated with cooking spray. Pour broth mixture over tomato mixture. Bake at 500° for 50 minutes or until vegetables are lightly browned.
- 3.** Place tomato mixture in a blender. Add remaining $\frac{1}{2}$ cup broth and half-and-half, and process until smooth. Strain mixture through a sieve into a bowl; discard solids. Garnish with cracked black pepper, if desired. Yield: 4 servings (serving size: about $\frac{1}{2}$ cup).

CALORIES 120 (35% from fat); FAT 4.7g (sat 3g, mono 1.5g, poly 0.1g); PROTEIN 3.8g; CARB 14.9g; FIBER 1.7g; CHOL 23mg; IRON 1.7mg; SODIUM 452mg; CALC 120mg

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