

TOMATO BASIL HUMMUS SOUP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 cup)

Nutrition (per serving)

Calories: 172

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 456 mg

Total Carbohydrate: 17 g

Dietary Fiber: 5 g

Protein: 6 g

Ingredients

- 2 Tablespoons olive oil
- 1 large clove garlic, finely chopped
- ½ cup chopped yellow onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 - 15 ounce cans diced fire roasted tomatoes with liquid
- 3 cups unsalted chicken stock (use gluten free stock/ broth for GF version)
- 1 - 6 ounce can tomato paste
- 1 cup hummus (flavor of your choice)
- ½ teaspoon ground black pepper
- 1 teaspoon cumin
- 1 - 0.75 ounce package fresh basil, chopped and stems removed
- ½ cup plain non-fat yogurt (optional)



Directions

1. In a stockpot or large saucepan on medium-high heat, sauté olive oil, garlic, onion, carrots, and celery for 3-5 minutes, stirring often.
2. Once vegetables have softened, add remaining ingredients except for basil and yogurt.
3. Simmer on low heat for 15-20 minutes.
4. Add chopped basil and stir to combine.
5. Optional: Top with yogurt. Serve with a grilled cheese sandwich or crackers.