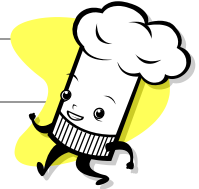

Adult Tomato Soup

3/15/2011 Weight Watchers meeting



Ingredients:

28	Oz. can crushed tomatoes
2	Teasp. Olive oil
1	Med. Onion, chopped
1	Stalk celery, chopped
14 ½	Oz. can low sodium chicken or <u>vegetable</u> broth
1/4	Cup red wine
1	Teasp. Brown sugar
½	Teasp. Dried thyme
½	Teasp. Coarse black pepper
½	Cup blue cheese or <u>gorgonzola (milder)</u>

Directions:

In soup pot, heat oil, and add onions and celery. Stir and cook until the veggies are translucent.

Add everything else except for the blue cheese or gorgonzola.

Bring to boil.

Reduce heat, cover and simmer for 20-30 minutes.

Divide soup into 6 cups.

Sprinkle 1/6 of cheese on each cup.

Makes 6 one cup servings at 3 PointsPlus value per serving.