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Recipe: Heart Healthy Tomato Basil Soup

Yield: 4-6 servings

Ingredients:

1-28 ounce can of Jersey Fresh crushed tomato

4 cloves of minced garlic

2 tablespoons olive oil

1 and 1/2 cups of low fat milk or soy milk

2 teaspoons salt

2 teaspoons pepper

1 cup shredded basil

¼ cup grated parmesan cheese

2 cups water

Method:

Sauté garlic in olive oil. Add the tomato product, seasonings and water. Simmer for 45 minutes on medium flame. Add milk, basil and cheese.

Note: Ok, this is about as healthy as one can get. Feel free to use half and half for extra richness instead of milk. You may also want to use vegetable stock instead of water, however, be careful with adding any extra salt!

Heart Shaped Crouton

Use whatever bread you like (whole grain is best) Cut out in the shape of a heart. Spread a little butter on the toast. Place in oven until brown. Serve with soup!