

Chunky Tomato-Basil Soup

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

2 tablespoons butter or margarine

1 medium (1/2 cup) onion, chopped

3 small (1 cup) carrots, shredded

2 tablespoons all-purpose flour

1 cup half-and-half

1 jar (26 oz) chunky tomato pasta sauce

1 can (14.5 oz) diced tomatoes, undrained

1/4 cup fresh basil (if desired), chopped

In a 3-quart saucepan, heat the butter over medium-high heat.

Add the onion and carrots. Cook and stir for 3 to 4 minutes or until softened.

Add the flour. Cook and stir until moistened.

Gradually add the half-and-half. Cook and stir about 2 minutes or until smooth.

Stir in the pasta sauce, tomatoes and basil.

Cover and cook over medium heat for about 15 minutes, stirring frequently, just until the mixture comes to a boil.

Top with additional chopped fresh basil leaves, if desired.

Per Serving (excluding unknown items): 108 Calories; 6g Fat (48.3% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 82mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1 Fat.