

Fresh Tomato Orange Soup

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Servings: 6

4 pounds ripe plum tomatoes
2 tablespoons olive oil
1 large onion, chopped
3 tablespoons garlic, minced
2 tablespoons tomato paste
1 teaspoon sugar
1/2 cup orange juice
4 cups vegetable or chicken broth
1/8 teaspoon ground cloves
salt (to taste)
pepper (to taste)
2 tablespoons flat-leaf parsley,
chopped
zest of one orange

Preparation Time: 20 minutes

Preheat the oven to 250 degrees.

Line two baking pans with foil and oil lightly.

Cut the tomatoes in three thick slices crosswise and arrange on the pans.

Bake the tomatoes for two hours.

In a large pot over low heat, place the oil. Add the onion and cook, stirring occasionally, for 10 minutes, adding one tablespoon of garlic in the last 3 minutes..Add the baked tomatoes, tomato sauce, garlic, orange juice, broth, cloves, salt and pepper. Bring to a boil. Reduce the heat to medium-low and simmer, partially covered, until the soup has thickened slightly, 15 to 20 minutes.

Cool, then puree' in a food processor. Strain and then chill.

Combine the remaining garlic, parsley and orange zest. Sprinkle atop the soup and serve.

Start to Finish Time: 2 hours 30 minutes

To achieve the smoothest soup, pour it through a strainer once it has been puree'd and then finish off the recipe.

Per Serving (excluding unknown items): 70 Calories; 5g Fat (57.4% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	70
% Calories from Fat:	57.4%
% Calories from Carbohydrates:	38.0%
% Calories from Protein:	4.6%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	45mg
Potassium (mg):	139mg
Calcium (mg):	16mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	15mg
Vitamin A (i.u.):	175IU
Vitamin A (r.e.):	23 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 70 Calories from Fat: 40

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		4%
Vitamin C		25%
Calcium		2%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.