

Tomato Basil Soup

Makes 2 servings
(1 vegetable)

3 grams protein

2 grams fat

105 calories per serving

Ingredients

- 2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)
- 3 cups fresh tomatoes, chopped
- 1 ounce of tomato paste
- 4-6 leaves of fresh basil, rolled and sliced
- 1-2 cloves, garlic, crushed and minced
- 2 tablespoon onion, chopped
- 1 teaspoon garlic powder
- ¼ teaspoon dried oregano
- Pinch of marjoram
- Sea salt and black pepper to taste

Directions

1. Puree all ingredients in a food processor or blender.
2. Pour into a saucepan and heat to a boil.
3. Reduce heat and simmer for 20 to 30 minutes.
4. Garnish with fresh basil leaves or parsley and serve hot

HCG Diet Tip

Supplement the soups with cabbage or other allowed vegetable and sip the broth slowly. You'll find that you can eat a lot of soup and maintain your 500 calories. The broth is very satisfying and filling. Make sure to account for the calories in the broth when calculating your 500 calories per day.

