



## Italian Herbed Stewed Tomatoes

*Recipe makes 1 serving*

*Each serving = 1 vegetable, ½ lemon*

*Each serving has 40 calories*

Delicious as a side for beef, chicken, or fish, this classic vegetable dish is livened up with the fresh flavor of herbs and garlic.

### Ingredients

- 100 grams tomatoes, cored and diced
- 1/4 cup hCG Diet approved Basic Chicken Broth
- juice of ½ lemon
- 6 drops stevia (more or less to desired taste)
- 2 garlic cloves, minced
- 1/4 teaspoon minced onion flakes
- sea salt and pepper to taste
- pinch dried oregano
- 1 teaspoon each finely chopped fresh parsley, basil, and marjoram

### Directions

1. Place the tomatoes in a medium saucepan. In a small bowl combine the broth & Stevia drops, and pour over the tomatoes. Add the garlic, onion, flakes, salt, pepper, and oregano, bring to a simmer, and allow to cook, stirring often, until the tomatoes begin to break down but still hold their shape, 10 to 12 minutes.
2. Add the chopped fresh herbs, stir well to combine, and cook a further 2 minutes on low. Serve immediately.

