

Tomato Soup

cal: **147** fat: **0.7** g protein: **9.4** g carbs: **22.1** g fiber: **4.2** g

This soup is for Phase 2 on the HCG protocol & uses cottage cheese for the protein serving.

15 Minutes to Prepare and Cook

Servings Per Recipe: 1

1 serving counts as 1/2 protein, 1/2 vegetable

Ingredients

- 1/4 cup low fat cottage cheese
- 1/4 cup vegetable broth (hCG approved/homemade)
- 1 can diced tomatoes
- pinch of parsley
- dash of oregano and a dash of thyme
- sea salt and pepper to taste



Directions



Mince 1 clove's of garlic and sauté in a little water or vegetable broth. While that is cooking, place 1/4 cup cottage cheese and 1/4 cup vegetable broth into the blender. Blend well. When garlic is ready, add it to the blender with 1 can of diced tomatoes.

Add seasoning to blender. (Don't put too much. I never really measure so I wasn't able to be specific here. (Remember that you can always add more after)

Blend well. Transfer mixture to saucepan or microwave safe dish and heat through. Taste and adjust seasonings as necessary.

Nutritional Info

Amount Per Serving

- Calories: 147.0
- Total Fat: 0.7 g
- Cholesterol: 5.0 mg
- Sodium: 1,007.4 mg
- Total Carbs: 22.1 g
- Dietary Fiber: 4.2 g
- Protein: 9.4 g



call
email
website

(416) 477 - 1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com