



Tuscan Tomato and Bread Soup

6 Servings • 1 Serving = 1 ½ Cup

INGREDIENTS

- 2 Tablespoons olive oil, divided
- 3 – 14 ½ ounce cans diced tomatoes, drained, 1 cup divided
- 12 cloves garlic, minced
- ½ teaspoon crushed red pepper
- 2 – 14 ounce cans reduced-sodium chicken broth
- 6 slices whole wheat bread
- 4 cups zucchini or yellow squash, chopped
- 2 Tablespoons fresh oregano, chopped
- 2 Tablespoon fresh parsley, chopped
- Salt and freshly ground black pepper, to taste
- 1 ounce parmesan cheese, shaved

DIRECTIONS

1. In a 4 quart Dutch oven or large stock pot, heat 1 Tablespoon olive oil over medium heat. Add 2 cans of tomatoes with liquid, garlic, and red pepper. Bring to a boil and reduce heat. Cover and cook for 15 – 20 minutes or until tomatoes are very tender.
2. Add chicken broth and bring to a boil. Reduce heat, cover, and simmer for 15 minutes.
3. While soup is simmering, preheat the oven to 350°F. Cut or tear bread into 1" pieces. Place in a shallow baking pan. Bake for 10 – 15 minutes.
4. In a large skillet, heat remaining olive oil over medium heat. Add zucchini and cook for 3 – 5 minutes. Set aside.
5. Transfer half of the soup to a blender or food processor. Cover and blend until smooth. Repeat with remaining half of mixture. Return to Dutch oven or stock pot.
6. Drain the reserved can of tomato. Add tomatoes, zucchini, oregano, and parsley to pureed mixture. Season to taste with salt and pepper. Heat through.
7. Divide soup into six bowls. Top with bread and garnish with cheese.

Nutrition Facts	
6 servings per container	
Serving size	1 1/2 Cup
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 630mg	27%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 2mg	10%
Potassium 748mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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