



Nutrition Facts	
Per serving	
Calories 180	%DV*
Fat 5g	6%
Saturated 3g	15%
+ Trans 0g	
Carbohydrates 26g	
Fibre 2g	7%
Sugars 8g	8%
Protein 8g	
Cholesterol 15mg	
Sodium 100mg	4%
Potassium 360mg	8%
Calcium 186mg	15%
Iron 1mg	6%

*5% or less is a little, 15% or more is a lot
1% milk used in analysis

Creamy Tomato Rice Soup

This homemade tomato soup demonstrates how milk should be cooked with an acid ingredient, such as the tomatoes. How is curdling avoided in this recipe? **Prep time: 5 minutes** **Yields: 4 servings**
Cooking time: 25 minutes

Ingredients

- 1 tbsp (15 ml) butter
- 3 cloves garlic, minced
- 1 chopped onion
- 1½ tsp (7 ml) dried basil, oregano or Italian seasoning
- Salt and pepper
- 1 can (796 ml) low sodium diced tomatoes with juice
- 1 cup (250 ml) low sodium broth
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) cooked brown rice or mixed grains
- ½ tsp (2 ml) granulated sugar, optional
- Chopped fresh chives

Instructions

1. In a large pot, melt butter over medium heat.
2. Add garlic, onion, basil and ¼ tsp (1 ml) each of salt and pepper.
3. Cook, stirring often, for 5 minutes or until tender.
4. Add tomatoes and broth. Cover and bring to a boil over high heat.
5. Reduce heat to medium low and boil gently, covered, for 10 minutes or until tomatoes are very soft. Remove from heat.
6. Use an immersion blender in the pot or transfer soup in batches to an upright blender. Purée soup until smooth. Return to pot, if necessary.
7. Whisk flour into milk. Gradually pour into pot while whisking constantly.
8. Stir in rice and cook over medium heat, stirring often, for about 5 minutes or until slightly thickened and steaming.
9. Season to taste with sugar, if desired, pepper and up to ¼ tsp (1 ml) salt.
10. Ladle soup into warm bowls and sprinkle with chives.

Variations

- For a curried tomato soup, omit the basil, add 2 tbsp (30 ml) minced ginger root and 1 tbsp (15 ml) Indian yellow curry paste or powder with the garlic. Replace the chives with cilantro.



Watch a video that shows how to make this creamy tomato rice soup at www.dairygoodness.ca/recipes/creamy-tomato-rice-soup.

Adapted from Dairy Goodness Creamy Tomato Rice Soup