

Serves 7 • Serving size: 1 cup

20  
minutes

PREP: 5 minutes

COOK: 15 minutes

(tested in 900 watt microwave)

## Easy Tomato SOUP

- 2 28-oz./793 g cans crushed tomatoes\*
- 1 onion, minced using Chop 'N Prep Chef
- 2 garlic cloves, minced using Chop 'N Prep Chef
- 1 cup low-sodium vegetable broth
- 3 tbsp. light brown sugar
- 1 tsp. coarse kosher salt
- ¼ tsp. black pepper
- ½ cup heavy cream

1. Combine all ingredients, except for heavy cream, in base of Microwave Pressure Cooker. Seal and microwave on high power 15 minutes.
2. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10–15 minutes.
3. Remove cover and add heavy cream. Stir to combine. Serve warm.

*\*If desired, choose no-salt-added crushed tomatoes to reduce the amount of sodium in the soup.*

#### Nutritional Information (per serving):

Calories: 180 Total Fat: 6g Saturated Fat: 4g Cholesterol: 25mg Carbohydrate: 26g  
Sugar: 13g Fiber: 6g Protein: 4g Sodium: 450mg Vitamin A: 6% Vitamin C: 4%  
Calcium: 2% Iron: 0%



TO DEMO



Microwave Pressure  
Cooker

OPTIONAL



Chop 'N Prep  
Chef



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula