Serves 7 • Serving size: 1 cup



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

1/4 tsp. black pepper

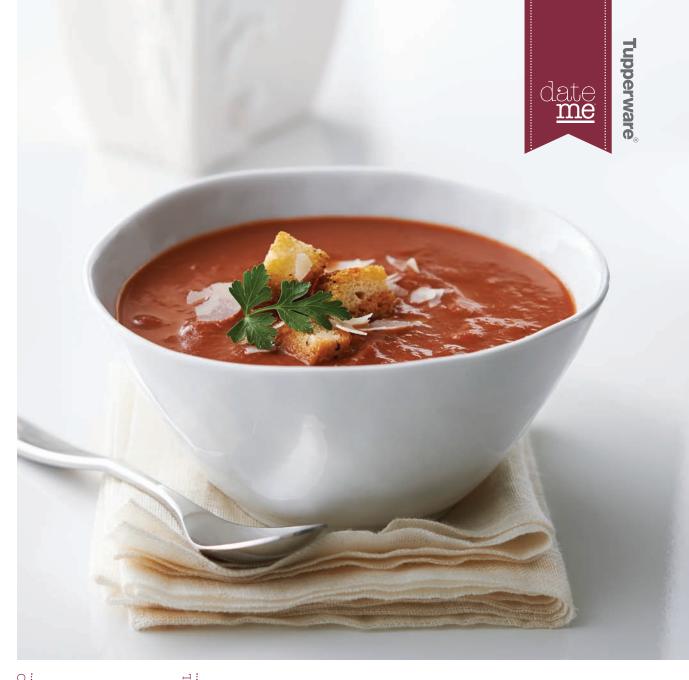
½ cup heavy cream

- 1. Combine all ingredients, except for heavy cream, in base of Microwave Pressure Cooker. Seal and microwave on high power 15 minutes.
- 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



Cooker



Chef



Cups



