



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Creamy Tomato Soup*

Serves 2 / Serving size: 1.5 cups

### **Ingredients:**

2 cups (16 fl oz) tomato sauce  
15 ounce canned chickpeas or white beans (drained, rinsed)  
¼ cup water  
¼ cup grated parmesan cheese  
¼ tsp salt  
Optional: 1 slice of 100% whole grain toast on the side

### **Directions:**

1. Pour tomato sauce, beans, water, parmesan cheese and salt in a food processor or blender. Blend for 2 minutes or until smooth.
2. Heat in a medium saucepan until warm (as desired). Serve in a bowl with side of toast.



### **Nutrition Tips:**

1. This soup takes 5-10 minutes and is packed full of nutrients. Make this exact recipe or double it for 2-4 meals that you can easily reheat throughout the week.
2. Soups can be made “creamy” without the traditional dairy cream that is chock full of saturated fat. Instead, use a can of beans and some parmesan cheese to give it that “creamy texture” but with lots more nutritional value. Beans like chickpeas are rich in fiber, plant-based protein, manganese and folate.
3. You can use your favorite tomato sauce as the base of this soup. Homemade tomato sauce is always a good choice. If you’re looking for store-bought tomato sauce, look for one that is low- or reduced-sodium and does not have added sugar in the ingredients list.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.