



# 4B's Homemade Tomato Soup



Recipe courtesy of 4B's Restaurant

## Ingredients



- 1 (29oz.) can diced tomatoes
- 1 (10.5 oz.) can condensed chicken broth, undiluted
- 2 Tbsp. butter
- 2 Tbsp. sugar
- 1 Tbsp. chopped onion
- 1/4 tsp. baking soda
- 2 cups of heavy cream

Yield: 4-6 servings  
Serving Size: 1 1/2 cups



## Directions



1. In a large stockpot mix tomatoes, chicken broth, butter, onion, and baking soda. Simmer for 1 hour.
2. In a separate pot, heat cream over a low heat until hot, watching carefully so that the cream does not scorch.
3. Once heated through add to tomato soup and serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!

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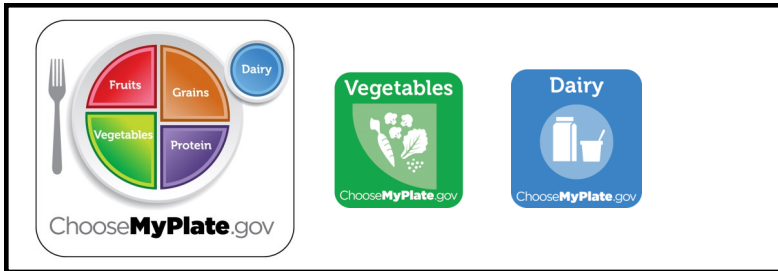
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Can substitute 1/2 & 1/2 for the heavy cream if desired.

## Nutrition Facts



Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 1/2 cups</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>530</b>
% Daily Value*	
<b>Total Fat</b> 51g	<b>65%</b>
Saturated Fat 31g	<b>155%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 14g	
<b>Cholesterol</b> 180mg	<b>60%</b>
<b>Sodium</b> 960mg	<b>42%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 16g	
Includes 6g Added Sugars	<b>12%</b>
Sugar Alcohol 0g	
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 1mcg	4%
Calcium 153mg	10%
Iron 1mg	6%
Potassium 514mg	10%
*The % Daily Value (DV) 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.	

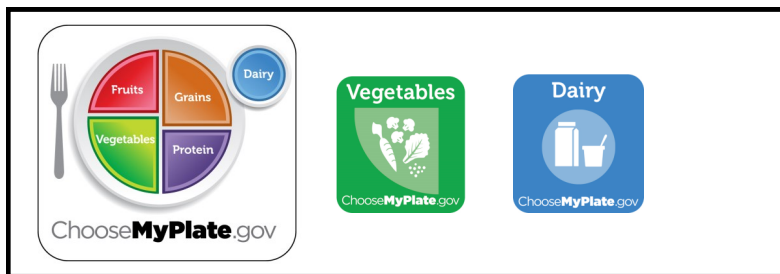
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