



Swimsuit-Ready in 20 Days: Lunch Recipes

Tuscan Tomato Soup

- 1 cup canned stewed tomatoes
- 4 cups chicken broth
- 3 cups nonfat chicken broth
- Cooking oil spray
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon sugar substitute
- Salt and cracked black pepper to taste
- 1 tablespoon dried basil

Preheat the oven to 400°F. Place tomatoes in a baking dish and lightly coat with cooking spray. Roast for 15 minutes. Remove from the oven and set aside.

In a saucepan, combine the chicken broth, garlic powder, onion powder, sugar substitute, salt, and pepper. Simmer the mixture until it is reduced to half its volume. In a blender, pulse the tomatoes until chunky. Stir the tomatoes into the chicken broth mixture. Whisk in the sour cream.

Ladle the soup into bowls and garnish with dried basil.

Serves: 2