

# High Protein Tomato Soup

Add cottage cheese for a higher protein option!



2 servings 20 minutes

## INGREDIENTS

1 onion- finely chopped  
4 cloves garlic- finely chopped  
1-28 oz can whole peeled tomatoes  
3 cups vegetable broth (use bone broth for extra protein)  
Pinch of salt  
Pinch of pepper  
½ teaspoon oregano  
½ teaspoon thyme  
½ cup finely chopped basil

## DIRECTIONS

1. Heat oil in a soup pot over medium heat. Add onions and cook for 5 minutes. Add garlic and cook for 1 more minute.
2. Add all remaining ingredients to the pot except cottage cheese. Bring to a simmer and cook for 15-20 minutes (longer is better for more flavor).
3. Add soup to a blender along with the cottage cheese. Blend until smooth. Alternatively you could use an immersion blender for this and blend the cottage cheese

2 tablespoons tomato paste  
¾ cup cottage cheese

- in the pot with the soup.
4. Divide soup out and enjoy. Pair with grilled cheese for higher calories and protein.

Nutrition  
Facts

Serving: 2 Cups  
Calories 134

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 4g	6%	Total Carbs 16g	6%
Saturated 1g	5%	Dietary Fiber 2g	10%
Cholesterol 13mg	4%	Sugars 9g	
Sodium 1788mg	75%	Protein 10g	26%
Calcium 25%	Iron 21%	Vitamin A 55%	Vitamin C 98%

\*Percent Daily Values are based on a 2000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.