Fresh Basil Low-Carb Tomato Soup

A creamy, low-carb tomato soup enriched with fresh basil, perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 25 minutes

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 14 oz canned crushed tomatoes (no sugar added)
- 1 cup vegetable broth (low sodium)
- 1/2 cup heavy cream
- 1/4 cup fresh basil, chopped
- 1 tsp dried oregano
- Salt and pepper to taste

Instructions

1. Heat olive oil in a medium saucepan over medium heat.
2. Add diced onion and cook until translucent, about 5 minutes.
3. Stir in minced garlic and cook for another 1 minute.
4. Pour in crushed tomatoes and vegetable broth. Add oregano, salt, and pepper.
5. Bring the mixture to a simmer. Let it cook for 10 minutes, stirring occasionally.
6. Remove from heat and use an immersion blender to puree the soup until smooth.
7. Stir in heavy cream and fresh basil. Return to low heat for 2 minutes to warm through.
8. Adjust seasoning if needed and serve hot.

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