

Taste of Home



Easy Tomato Bisque Recipe

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A bowl brimming with this fresh creamy soup is sure to impress Mom. With its outstanding flavor, she'll think you fussed for hours!

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 6 servings

Ingredients

- 2 garlic cloves, minced
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 4 cups chicken broth
- 1 can (6 ounces) tomato paste
- 1/8 to 1/4 teaspoon cayenne pepper
- 1 cup half-and-half cream
- Chopped fresh tomatoes, optional

Directions

1. In a medium saucepan, saute garlic in butter for 1 minute. Stir in flour until blended; gradually add chicken broth. Stir in tomato paste and cayenne until well blended.
2. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; gradually stir in cream. (Do not boil.) Garnish with chopped tomatoes if desired. **Yield:** 6 servings.

Nutritional Facts

1 cup: 134 calories, 8g fat (5g saturated fat), 30mg cholesterol, 700mg sodium, 10g carbohydrate (6g sugars, 2g fiber), 4g protein.

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