



Grilled Cheese & Tomato Soup



Tomato Soup Ingredients

- 1 tbsp, Tomato Paste
- 1 medium, Carrots, raw
- 1 tbsp(s), Garlic, raw
- 2 tbsp(s), Lemon juice, raw
- 10 tomatoes
- 4 cup(s), Chicken Broth - No Salt Added/ Fat Free
- 1 onion (medium), Onion
- 1 tsp, ground, Spices, basil, dried
- 1 tsp, ground, Pepper
- 1 leaf, Bay Leaf, Whole
- 3 Tbsp (15g), Light Cream Cheese

Grilled Cheese

- 2 slices of Dave's Killer Bread Powerseed think slice
- 1 slice of Kraft 2% Kraft American Cheese

6 Servings



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Instructions

Tomato Soup

1. Combine all Tomato Soup ingredients in a slow cooker
2. Cook on low for 6-8 hours. stir once while cooking
3. Remove bay leaf before serving

Grilled Cheese

1. Use non-stick spray for bread
2. Cooking each side to like doneness

Serve with 1/2 cup side of 1% Alpenrose Cottage Cheese

6 Servings

Nutrition Facts

6 servings

Amount per Serving

Calories	364
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	25 mg
Sodium	998 mg
Carbohydrates	46 g
Fiber	10 g
Sugar	2 g
Protein	29 g