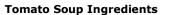
Grilled Cheese & Tomato Soup

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- 1 tbsp, Tomato Paste
 1 medium, Carrots, raw
 1 tbsp(s), Garlic, raw
 2 tbsp(s), Lemon juice, raw
- 10 tomatoes
- 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

Grilled Cheese & Tomato Soup



Instructions

Tomato Soup

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

Grilled Cheese

- Use non-stick spray for bread
 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