

# Fire Roasted Tomato Soup

*This fire roasted tomato soup blends so many flavors together to make a surprisingly delicious hot soup.*

## Ingredients

1 can Fire Roasted Tomatoes, diced  
¼ cup Tomato Paste  
8 oz Roasted red peppers, ½ jar  
½ cup half-and-half or light cream  
2 cups chicken broth  
6 oz cream cheese (light or fat-free)  
3 oz cheddar cheese (reduced fat), shredded  
1 ½ tbs butter  
1 tsp sugar  
1 ½ tbs flour  
1 tbs garlic minced  
1 small onion chopped  
½ tsp salt  
½ tsp pepper  
¼ tsp red pepper flakes



## Directions

- 1 Sauté the onions in the butter until translucent.
- 2 Add the flour and stir 3 minutes
- 3 Add chicken broth stirring constantly until smooth.
- 4 Add garlic, sugar and pepper.
- 5 Slowly stir in cream cheese until smooth.
- 6 Add the tomato paste and heavy cream and simmer for 5 minutes.
- 7 Add jar of peppers and diced tomatoes.
- 8 Pour mixture into blender and puree for 30 seconds or until smooth.
- 9 Return to pot and add the cheddar cheese.
- 10 Simmer until melted.
- 11 Garnish with finely chopped Cilantro or Parsley.

## Nutrition Facts

Nutrition (per serving): 216 calories, 12.3g total fat, 7.4g saturated fat, 41.2mg cholesterol, 918.7mg sodium, 15.9g carbohydrates, 2.6g fiber, 4.4g sugar, 12.3g protein.

Servings: 6

## Weight Watchers Points

Note: The canned tomatoes, peppers and onions were not included in the calculation of any of the Weight Watchers Points

Orig. WW Pts: 5

Points Plus: 5

Smart Points: 7

FreeStyle Smart Points: 7

## Tips

Use whipped cream cheese if available as it melts better.