

# TOMATO SOUP WITH GRILLED CHEESE

## Ingredients

### Soup

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 3 large carrots, chopped
- salt and pepper
- 2 cloves garlic, minced
- 1 14-ounce can unsalted/low-sodium white beans, rinsed and drained
- 1 28-ounce can unsalted/low-sodium crushed tomatoes
- 2 cups low-sodium vegetable broth

### Grilled Cheese

- 8 slices whole grain bread (such as 100% whole wheat)
- 4 teaspoons whole grain mustard
- 4 slices cheddar, Swiss, or Monterey Jack cheese
- 4 slices tomato (optional)
- 2 tablespoons olive oil

**SERVES 4**

Nutrition Facts (soup): 230 calories, 5g fat, 0g saturated fat, 380mg sodium, 40g carbohydrates, 12g fiber, 9g protein

Nutrition Facts (sandwich): 330 calories, 18g fat, 7g saturated fat, 300mg sodium, 30g carbohydrates, 5g fiber, 14g protein

## Directions

1. In large soup pot, heat oil over medium heat. Add onion, celery, and carrots, season with salt and pepper, and cook, stirring frequently for about 8 minutes, until onion is translucent. Add garlic and white beans and cook about 2 minutes more.
2. Add tomatoes and vegetable broth. Increase heat to medium-high and bring soup to a boil. Reduce heat and simmer for about 5 minutes.
3. (If you have an immersion blender, you can skip this step and use the immersion blender to blend the warm soup). Allow soup to cool. In 1-cup batches, add cooled soup to blender and blend until smooth. Return blended soup to large soup pot and reheat, covered and over low heat, until ready to serve.
4. While soup reheats, make sandwiches. Spread whole grain mustard on 4 slices of bread and top each with cheese, tomato, and a second slice of bread. Brush outside of each sandwich lightly with olive oil.
5. Preheat skillet or griddle on stove over medium heat. Place sandwiches on cooking surface 1–2 inches apart (depending on the size of the pan, you may need to cook sandwiches in 2 batches). Cover with loose lid and cook for 3–4 minutes until bottom bread is golden brown. Flip sandwich, cover, and continue cooking for another 3–4 minutes. Remove from heat, slice in half, and serve with soup.

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