

Tomato Basil Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 5 cups fresh tomatoes, chopped
- 1/4 cup fresh basil
- 1 tsp oregano
- 3 cups vegetable broth
- Salt and pepper to taste

Instructions:

Sauté onion and garlic in olive oil until translucent.

Add tomatoes, oregano, broth, and simmer for 20 minutes.

Blend until smooth, stir in fresh basil, season with salt and pepper.

Health Benefits:

- Tomatoes: High in lycopene, supports skin and heart health
- Basil: Anti-inflammatory and immune boosting
- Light and flavorful, great year-round