

Tomato Basil Vegan Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 cans (28 oz total) whole peeled tomatoes
- 1 cup vegetable broth
- 1 tbsp balsamic vinegar
- 1/2 cup fresh basil leaves
- Salt and pepper to taste

Instructions:

- 1.Heat olive oil in a pot over medium heat.
Sauté onion and garlic until soft.
- 2.Add tomatoes and broth. Simmer for 15–20 minutes.
- 3.Stir in basil and balsamic vinegar.
- 4.Blend until smooth. Season to taste.

Benefits:

Rich in lycopene and antioxidants; supports heart health and immunity.