

Recipe Name	<b>Tasty Tomato Soup</b>		<b>Food Groups per Serving</b>	
Serves	50		Vegetables & Fruits	1
Serving Size	125 ml		Grains	0
Total Cost per recipe	\$23.26		Milk & Alternates	0
Total Cost per serving	\$0.47		Meat & Alternates	0
Costed July 20, 2010				
<b>Ingredient</b>	<b>Amount Used in Recipe</b>	<b>Unit</b>	<b>Cost per Recipe</b>	<b>Cost per Serving</b>
Olive Oil	60.00	ml	0.340	0.007
Onion	750.00	ml	2.085	0.042
Garlic, cloves	3.00	ea	0.115	0.002
Tomatoes, canned	4.00	l	12.010	0.240
Vegetable broth	3.00	l	2.190	0.044
Dill weed	250.00	ml	1.690	0.034
Yogurt, 2%	1.00	l	4.832	0.097
Canned foods that have dents or leaking should be discarded.				
1. In a saucepan, over low heat, melt the margarine or oil.				
2. Add the onions and garlic, saute, uncovered, until tender, about 3-5 minutes, stirring constantly.				
3. Add the chopped tomatoes. Heat 5 minutes, stirring constantly.				
4. Add the broth, simmer, covered for 10 minutes, to blend the flavours.				
5. Stir in the yogurt and the dill and heat gently. Note: Do not boil or soup will curdle.				
Variations/Additions: You can include steamed mixed vegetables, rice, or noodles.				
<b>MSVU Child Care Centre Menu Plan Project</b>			<a href="http://www.msvu.ca/menuproject/">http://www.msvu.ca/menuproject/</a>	