

Tomato Basil Soup with Mozzarella



Warm up with this comforting bowl of Tomato Basil Soup, enriched with creamy mozzarella. This soup brings the classic flavors of a Caprese salad into a hearty, keto-friendly dish that's perfect for any meal.

Ingredients for 2 serving (US/Metric)

- **Canned diced tomatoes**
- **Fresh Basil Leaves**
- **132g / 4.7oz Broth**
- **Garlic Cloves**
- **17g / 0.6oz Mozzarella**
- **1.5 *tbsp* Heavy cream**
- **0.5 *tbsp* Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein: 21%**
- **Fat: 57%**
- **Net carbs: 22%**

Instructions

- **Sauté Garlic:** In a pot, heat olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
- **Simmer Soup:** Add canned tomatoes and broth. Bring to a boil, then reduce heat and let simmer for 15 minutes. Stir in chopped basil, salt, and pepper.
- **Blend Soup:** Use an immersion blender to puree the soup until smooth.
- **Add Cream and Cheese:** Stir in heavy cream and heat through. Just before serving, add diced mozzarella and let it melt slightly.
- **Serve:** Ladle soup into bowls and garnish with extra basil leaves.