



CATERING • MEAL PREP • JUICES

Keto-Friendly Tomato Feta Soup

This easy to make Tomato Feta Soup recipe is rich, creamy, low calorie, low carb and is Keto diet friendly. It used just a few simple ingredients like basil and rich, savory feta cheese and is ready in 30 minutes on the stove top.



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You'll need:

- 2 tbsp olive oil or butter
- ¼ cup chopped onion
- 2 cloves garlic
- ½ tsp salt
- 1/8 tsp black pepper
- 1 tsp pesto sauce — optional
- ½ tsp dried oregano
- 1 tsp dried basil
- 1 tbsp tomato paste — optional
- 10 tomatoes, skinned, seeded and chopped — or two 14.5 oz cans of peeled tomatoes
- 1 tsp erythritol — optional
- 3 cups water
- 1/3 cup heavy cream
- 2/3 cup feta cheese — crumbled

To make it:

1. Heat olive oil (or butter) over medium heat in a large pot (or Dutch Oven). Add the onion and cook for 2 minutes, stirring frequently. Add the garlic and cook for 1 minute. Add tomatoes, salt, pepper, pesto (optional), oregano, basil, tomato paste and water. Bring to a boil, then reduce to a simmer. Add sweetener.
2. Cook on medium heat for 20 minutes, until the tomatoes are tender. Using an immersion blender, blend until smooth. Add the cream and feta cheese. Cook for 1 more minute.
3. Add more salt if needed. Serve warm.

Enjoy!

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