

Lo Salt Tomato Soup

1 carton 26.46 oz Pomi Chopped Tomatoes or large no salt added crushed/chopped tomatoes

1/2 cup non dairy creamer (any brand that has no sodium)

1 tbsp unsalted butter

1 Bay leaf

garlic powder to taste

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black pepper or white pepper to taste

If you want this to be very smooth, pour the tomatoes into your blender and blend until a smooth puree. Then put tomatoes in a pan, add spices, non dairy creamer and butter. Simmer for 15 minutes.

This makes 2 servings and freezes well. I let the soup cool, put into a freezer safe container (30 minutes in the frig and then to the freezer.)