



Keto Tomato Soup

This Tomato Soup recipe is SUPER easy and tastes delicious. It requires only two ingredients!! We get our Rao's pasta sauce from Costco, but you can use any low carb sauce! Want it creamier? Use an immersion blender for a smooth, creamy soup!

Recipe:

14 oz Rao's Marinara Sauce
½ C Heavy Whipping Cream

Stir together over medium heat for 5-10 minutes until it's simmered.
Dish into soup bowl and ENJOY!

Keto Dad Tips and Tricks:

- Freezes and reheats easily!!
- Want to lower the fat/calories? Less heavy cream!
- Want to lower the carbs? Add water to make it thinner or more cream (just keep an eye on the calories)
- Goes great with a big side salad!
- Use our White Bread Chaffle Recipe and make grilled cheese.



Makes 3 Servings, 6oz each (about $\frac{3}{4}$ cup)

Calories: 250, Fat: 22g, Carbs: 7g, Fiber: 1g, (Net Carbs 6) Protein: 5g

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