



Simple Cooking Series

3 Cheese melts with creamy tomato soup



Serve:

- * as a side dish or entree
- * with salad

Add tuna to the cheese melt for extra protein, an important nutrient for staying strong and healthy

This soup can be used for other tomato based soups like minestrone

Ingredients:

Cheese Melts

- * cheese cut in slices
- * bread

Soup

- * 1L salt reduced stock (chicken or vegetable)
- * 1 can crushed tomato
- * 1 cup reduced fat cream
- * basil leaves (fresh or dried)

Steps:

1. Combine stock and tomatoes in a medium saucepan over medium heat
2. When soup bubbles, pour in cream and turn down to low heat
3. Sprinkle in some pepper
4. Simmer on low for 15 minutes, stirring occasionally
5. Soup is ready to serve
6. Toast bread in a toaster, grill, sandwich press or in a pan on the stove
7. Place cheese on bread and melt in a microwave, under a grill or sandwich press or in a pan
8. That's it! Enjoy!

Tips and Money Savers

- Add herbs to the soup for extra flavour- Italian seasoning, thyme, basil and oregano work well
- Wholemeal or multigrain bread can add fibre to your meal
- Make soup even smoother by using a blender, food processor or stick blender, but take care when soup is hot
- Cut cheese into portions and wrap tightly in plastic to safely freeze cheese for up to 6 months
- Bread close to its used by date can often be found on special. Extend the life of your loaf by freezing it and taking out only what you need each time. Bread can be stored safely for up to 3 months this way

This document has been prepared by the Community Partnerships Unit, South Eastern Sydney Local District (SESLHD).

If you have any comments or questions, please contact us at: SESLHD-YourVoice@health.nsw.gov.au