

Cooking Corner Tips To Help You

Delicious And Healthy—Creamy Tomato Soup

(NAPSA)—You can start eating better by using heart healthy, cholesterol free soymilk in your favorite dishes. High protein, low fat soymilk is a delicious and easy to use alternative to dairy products. Simply substitute an equal amount of soymilk in any recipe calling for milk.

Here's a quick, healthy version of the all time favorite, cream of tomato soup using soymilk, that you're sure to enjoy! Serve it piping hot on cold damp days or chilled during the hot days of summer as a refreshing and cooling pick me up, ready to serve in ten minutes. You can double the recipe and freeze it for those hectic days when you're too tired to cook or have no time. Creamy Tomato soup can be enjoyed anytime of day with your favorite crackers or simply garnished with chopped green onions, chives or parsley.

Eden Foods, a rare independent pioneer natural food company, makes the most delicious, nutritious, organic soymilk available. Edensoy comes in eight different varieties and flavors to suit all your cooking and baking needs. If you're concerned about bone density, Edensoy Extra is fortified with Calcium as well as Beta Carotene and Vitamins B-12, E, and D2. Edensoy Light contains less than 1 percent fat and is fortified with Calcium and Vitamin D2.

The FDA has determined that including soy protein as a part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease by lowering total blood cholesterol and LDL cholesterol. Recent studies show that consuming 25 grams of soy protein per day has a cholesterol lowering effect. Other studies suggest that including soy protein in the diet may relieve symptoms of menopause as well as prevent osteoporosis and some types of cancer.

When shopping for soymilk, read the label. Look for certified organic whole soybeans, no concentrates or isolates, no refined sugars, and no genetically engi-



neered ingredients. Safe and delicious Edensoy, for example, is not only certified organic and GEO free; there are meticulous records and product testing to guarantee purity from the farm to your table.

Edensoy is enjoyed as a beverage and can be used to make delicious and nutritious creamy soups, sauces, and desserts. For information and free recipes, call 888-424-EDEN or visit Eden Foods at www.edenfoods.com.

Creamy Tomato Soup Makes 4 Servings

- 2 cans (14.5 oz. each) Eden Organic Diced Tomatoes, with liquid**
- 1 can (15 oz.) Eden Organic Navy Beans, with liquid**
- ½ cup Edensoy Original or Extra Original**
- ½ teaspoon Eden Sea Salt, or to taste**
- 2 tablespoons chopped green onions**

Purée the tomatoes and navy beans in a blender or food processor. Transfer to a soup pot and heat. Stir in the Edensoy and salt. Simmer until good and hot (but do not boil). Serve in soup bowls garnished with chopped green onions.

Per Serving: 110 Calories; 1g Fat (4% calories from fat); 6g Protein; 20g Carbohydrate; 0mg Cholesterol; 250mg Sodium