

Cream of Tomato Soup with Grilled Cheese Croutons

We're turning classic grilled cheese and tomato soup upside down by serving toasted gruyere croutons right in the creamy soup. The combination can't be beat.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

French Roll
Gruyere &
Chives
Seasoned
Onions
Tomatoes &
Herbs
Cream

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and serve alongside the soup when it is finished.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the French roll to make cauliflower "croutons" (**reducing the carbs per serving to 21g**). In step 1 preheat the oven to 425 and place the Cauliflower in a single layer on a baking sheet. Drizzle with olive oil. Bake until the cauliflower starts to turn brown, about 15 to 17 minutes. While still on the baking sheet, form the cauliflower, using a spoon, into two rectangles about 4" by 5". Top each rectangle with half the **Gruyere & Chives** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the cauliflower and cheese in the oven until step 4.

Health snapshot per serving – 740 Calories, 19g Protein, 62g Fat, 29g Carb, 30 Freestyle Points.

Lightened-Up Health snapshot per serving – 610 Calories, 12g Protein, 55g Fat, 22g Carb, 26 Freestyle Points with ½ the bread and ½ the cheese.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Tomatoes, French Roll, Gruyere, Cream, Basil, Chive, Onion, Vegetable Broth, Black Pepper.

meez meals

1. Getting Organized

Preheat oven to 350 degrees.

2. Prepare the Croutons

Cut the **French Rolls** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 10 minutes. Cover the croutons with the **Gruyere & Chives** and return to the oven to bake until the cheese is melted and bubbly, about 3 to 5 additional minutes. Turn off oven but leave croutons inside to stay warm until the soup is done.

3. Cook the Soup

While the croutons are baking, heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions** and cook until they are brown and slightly translucent, about 4 minutes.

Turn the heat to high, stir in the **Tomatoes & Herbs** and **Cream** and bring to a boil.

Lower the heat to low, cover, and simmer for 5 minutes.

4. Finish and Serve

Ladle the soup into serving bowls, top with the croutons, and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois