

YIELD: 2 TO 4 SERVINGS (ABOUT 4 CUPS)

ROASTED CHERRY TOMATO SOUP

Creamy, healthy and easy, this homemade roasted cherry tomato soup is fantastic all year long! And is seriously delicious served with plenty of crusty bread and fresh basil. Dairy free, gluten free and vegan.

PREP TIME 10 MINUTES

COOK TIME 40 MINUTES

TOTAL TIME 50 MINUTES



INGREDIENTS

FOR THE TOMATOES:

- 1 medium onion, sliced
- 2 pints cherry tomatoes
- 2 cloves garlic
- 2 tablespoons olive oil
- $\frac{1}{4}$ teaspoon fine sea salt
- $\frac{1}{4}$ teaspoon pepper

FOR THE SOUP:

- 1 cup low sodium vegetable broth
- 1 tablespoon tomato paste
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ cup canned full-fat coconut milk
- $\frac{1}{4}$ teaspoon fine sea salt
- plenty of chopped fresh basil, for serving
- your favorite bread (or croutons!), for serving

INSTRUCTIONS

FOR THE TOMATOES:

1. Preheat the oven to 400°F.
2. Add the onion, tomatoes and garlic (leave the cloves whole!) to a large rimmed baking sheet.

Drizzle with the olive oil, then sprinkle with the salt and pepper. Toss to coat and spread in an even layer.

3. Bake for about 30 minutes, stirring halfway through, until the tomatoes have shriveled and started to char.
4. Remove from the oven and let cool for about 5 minutes.

FOR THE SOUP:

1. Add the roasted veggie mixture to a blender, along with the broth, tomato paste, oregano, coconut milk and salt. Process until smooth. Transfer the mixture to a medium saucepan.
2. Set the pan over medium low / low heat and cook for about 10 minutes, stirring occasionally, until warmed through and the flavors have had a chance to meld. Taste and season with additional salt / pepper as needed.
3. Serve topped with plenty of fresh basil and bread on the side for dipping!

NUTRITION INFORMATION: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: Calories: 218 Total Fat: 19g Saturated Fat: 12g Trans Fat: 0g Unsaturated Fat: 7g Cholesterol: 0mg Sodium: 320mg Carbohydrates: 12g Fiber: 3g Sugar: 6g Protein: 3g

Nutrition data shown is an estimate provided by an online calculator and is for informational purposes only. It should not be considered a substitute for a medical professional's advice.

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CUISINE: AMERICAN / CATEGORY: MAIN DISH

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