# Roasted Tomato Basil Soup

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*Deep, roasted tomato flavor with hints of basil and garlic and no cream*



**Yield:** 6 servings

**Ingredients:**

2 ½ pounds Roma tomatoes, halved lengthwise

1 ¼ pounds grape or cherry tomatoes, halved lengthwise

8 garlic cloves, whole, peeled, smashed

3 Tbsp olive oil

Salt and pepper

1 large onion, diced

1 red bell pepper, diced

1 potato, diced

3 Tbsp tomato paste

4 cups vegetable broth

2 cups lightly packed fresh basil, roughly torn

2 Tbsp fresh basil, chopped (reserved for garnish)

**Method of Preparation:**

1. Preheat oven to 425°F.
2. Line tomatoes and garlic cloves on sheet pan.
3. Drizzle with 2 Tbsp olive oil; season with salt and pepper.
4. Roast 25 minutes, or until soft and charred.
5. Meanwhile heat medium pot or saucepan over medium-high heat. Add 1 Tbsp oil; heat.
6. Add onion, pepper, and potato; stirring every 1-2 minutes.
7. Cook 6-7 minutes, or until onion is transparent and potato crisps on edges.
8. Add tomato paste and stir.
9. Add stock; season with salt and pepper.
10. Cover and bring to boil.
11. Reduce heat to simmer; simmer 15 minutes, or until potato is tender (test with fork).
12. Add tomato, garlic, and basil; simmer until basil is soft.
13. Blend soup with immersion blender until smooth.
14. Garnish with basil and shaved parmesan.

**Nutritional Analysis:** Per serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories: | 174 kcal | Fiber: | 5 g |  Calcium: | 60 mg |
| Total Fat: | 7 g | Cholesterol: | 0 mg | Iron: | 2 mg |
| Saturated Fat: | 1 g | Vitamin D: | 0 mcg | Sodium: | 711 mg |
| Protein: | 4 g  | Potassium | 1056 mg |
| Carbohydrates: | 24 g |  |  |  |  |
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