



# Roasted Fresh Tomato Soup

Prep: 10 minutes | Cook: 50 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~1 cup

## Ingredients

3 pounds ripe tomatoes (about 12-20 tomatoes, depending on variety)

5 garlic cloves

1 medium onion, cut into large chunks (about 2 cups)

2 tablespoons extra-virgin olive oil

¼ teaspoon salt

½ cup chopped fresh basil (about one 2-ounce container; can substitute 2 tablespoons dried basil)

1-2 teaspoons sugar or honey, to taste

## Directions

1. Preheat oven to 450°F.
2. Remove the cores from the tomatoes. Cut about three-quarters of the tomatoes into wedges. Cut the tomatoes into a dice.
3. Peel the garlic cloves. Mince 1 clove, leaving the rest whole.
4. On a baking sheet, toss together the tomato wedges, onion, whole garlic cloves, oil, and salt.
5. Roast until the tomatoes are soft and spotty-brown, about 30-45 minutes. Set aside to cool slightly.
6. Meanwhile, in a medium mixing bowl, stir together the diced tomatoes, minced garlic, and basil. Set aside to marinate for 30 minutes.
7. Working in batches if needed, transfer the roasted vegetables to a food processor or high-powered blender and blend until smooth, about 2-3 minutes.
8. Transfer the pureed mixture to a medium saucepan.
9. Add the marinated tomatoes and sugar or honey. Bring to a simmer and cook for 5 minutes.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 8 g | Saturated Fat: 1 g  
Sodium: 165 mg | Total Carbohydrate: 18.5 g | Dietary Fiber: 5 g | Protein: 3.5 g**

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