

Tomato Soup



Serving size: 4 (1 1/2 cup)

TOTAL TIME



DIFFICULTY



VEGETARIAN



DAIRY-FREE

Preparation

1. Preheat oven to 450° F. Wash, remove white core, and cut the tomatoes into halves. Spread the tomatoes, garlic cloves and onions onto a baking tray. Drizzle with olive oil. Roast for 20 to 30 minutes.
2. Remove roasted tomatoes, garlic and onion from the oven and transfer to a large pot, add broth. Bring to a boil, reduce heat and simmer for 15 minutes.
3. Wash and dry basil leaves and add to the pot. Using an immersion blender, blend until smooth. If using a traditional blender, ladle soup to blender and puree until smooth. Season to taste with crushed red pepper flakes if desired.

Nutrition Facts Per Serving

Calories	120
Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	13g
Fiber	3g
Protein	3g

Ingredients

- **2 pounds** fresh ripe tomatoes (mix of different kinds)
- **4** cloves garlic, peeled
- **2** small yellow onions or one medium onion, sliced
- **2 tablespoons** extra virgin olive oil
- **1 1/2 cups** low-sodium vegetable broth
- **4** fresh basil leaves, chopped
- Crushed red pepper flakes to taste if desired

