

Foodnity Recipes

Creamy Roasted Garlic Tomato Soup

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Soup Base

- [ ] 2 lbs ripe tomatoes, quartered
- [ ] 2 whole heads of garlic
- [ ] 1 medium onion, diced
- [ ] 2 tbsp olive oil
- [ ] 3 cups vegetable broth
- [ ] 1/2 cup heavy cream
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Garnish

- [ ] Fresh basil leaves, torn
- [ ] Drizzle of extra-virgin olive oil
- [ ] Croutons or toasted pepitas (optional)

Instructions

1. Preheat oven to 400°F (200°C). Slice the tops off the garlic heads, drizzle with olive oil, wrap in foil, and roast for 25-30 minutes until soft.
2. While garlic roasts, heat olive oil in a large pot over medium heat; add diced onion and sauté until translucent, about 5 minutes.
3. Add the quartered tomatoes to the pot, cook, stirring occasionally, until they break down and release juices, about 8 minutes.
4. Squeeze the roasted garlic cloves from their skins into the pot, stir, then pour in vegetable broth; bring to a gentle boil, then reduce heat and simmer for 10 minutes.
5. Blend the soup with an immersion blender until smooth; for extra silkiness, pass through a fine mesh sieve.
6. Stir in the heavy cream, thyme, and lemon juice; season with salt and pepper. Warm through, but do not boil.
7. Ladle into bowls, garnish with fresh basil, a drizzle of olive oil, and optional croutons.

Nutrition per serving

210 kcal	6 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, add a splash of winter vegetable casserole stock.
- Taste and adjust seasoning after adding cream; the acidity may mellow.
- If you prefer a smoother texture, double-blend the soup.