

Foodnity Recipes

Roasted Tomato Soup Recipe for a Cozy Meal

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For Roasting

- [ ] 3 lbs Roma tomatoes, halved lengthwise
- [ ] 1 head of garlic, top sliced off
- [ ] 1 medium onion, wedged
- [ ] 3 tbsp extra virgin olive oil
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

For the Soup

- [ ] 2 cups vegetable broth
- [ ] 1/4 cup fresh basil leaves
- [ ] 1 tbsp lemon juice
- [ ] Optional: 1/2 cup heavy cream or coconut milk

Instructions

1. Preheat your oven to 400°F. On a large sheet pan, arrange the halved tomatoes and onion wedges. Place the garlic head (wrapped in foil with a drizzle of oil) in the corner.
2. Drizzle everything with olive oil and sprinkle with salt and pepper. Roast for about 40-45 minutes, until the tomatoes are softened and have charred edges.
3. Carefully squeeze the roasted garlic cloves out of their skins and into a pot. Add the roasted tomatoes and onions, including all the juices from the pan.
4. Pour in the vegetable broth and bring to a very light simmer for 5 minutes to let the flavors mingle.
5. Stir in the fresh basil and lemon juice, then use an immersion blender or transfer to a stand blender to process until smooth.
6. If using cream, stir it in now. Taste and add a bit more salt or pepper if you feel it needs it.

Nutrition per serving

180 kcal	5 g	16 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a deeper flavor, try adding a pinch of smoked paprika during the roasting phase.
- Always use room temperature broth if you want to avoid dropping the soup temperature too quickly.
- If you find the soup too thick, just whisk in more broth until it reaches your preferred consistency.