

Tomato Soup

Ingredients

- 3 lbs ripe tomatoes (Roma, vine, or a mix)
- 3 tbsp olive oil, divided
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 medium carrot, peeled and diced
- 3 cups vegetable or chicken broth
- 1 tsp salt (adjust to taste)
- 1/2 tsp freshly ground black pepper
- Pinch of sugar (optional, balances acidity)
- 1/4 cup fresh basil leaves (optional)
- 1/4 cup cream or half-and-half (optional, for richness)

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Halve or quarter the tomatoes and place cut side up on the sheet. Drizzle with 2 tbsp olive oil and season with salt and pepper.
3. Roast for 35–40 minutes until softened and caramelized at the edges.
4. In a large pot, heat 1 tbsp olive oil. Add onion and carrot. Cook 6–8 minutes until softened.
5. Stir in garlic and cook 1 minute until fragrant.
6. Add roasted tomatoes and juices to the pot. Pour in the broth. Simmer 10 minutes.
7. Blend with an immersion blender until smooth.
8. Season with salt, pepper, or sugar if needed. Stir in basil and cream if using. Heat 2–3 minutes and serve.

Nutrition Note

Roasting reduces some vitamin C, but boosts lycopene, a powerful antioxidant that your body absorbs more easily. This means deeper flavor and extra health benefits.

Note & Storage

- Use a mix of tomato varieties for deeper flavor.
- For a vegan version, skip the cream or use coconut milk.
- Refrigerate up to 4 days in an airtight container.
- Freeze up to 3 months; thaw overnight in the fridge before reheating.