



cara price

ROASTED TOMATO SOUP

INGREDIENTS

- 12 large red tomatoes
- 1/4 cup olive oil, divided
- 2 yellow onions, peeled & chopped
- 1 pound carrots, chopped {or use a bag of mini carrots}
- 5 stalks celery, chopped
- 6 cloves garlic
- 4 cups vegetable broth
- 1 cup coconut milk
- 2 tablespoons dried basil
- 2 - 3 teaspoons salt*
- 2 teaspoons pepper
- optional garnish: freshly chopped tomatoes

*tomatoes are all different & the amount of salt fresh tomatoes need will vary. start on the lower end & work your way up to more salt by taste

DIRECTIONS

preheat oven to 450.

cut tomatoes in half & place cut side up on a rimmed baking sheet. drizzle 1 tablespoon of olive oil on tomatoes & roast 25 minutes. pour remaining olive oil into a large stock pot & sauté onions, carrots & celery for about 5 minutes, then add in garlic & all the seasonings & continue cooking for about 1 minute.

place roasted tomatoes along with all the juice in the pan & vegetable broth into stock pot.

bring to a boil, then reduce heat to low, cover & cook 60 minutes. turn off heat, pour coconut milk into soup, then using an immersion blender, puree until smooth.

garnish if desired, serve immediately. can be stored in the refrigerator for up to 5 days or frozen once cooled.