

Tomato Basil Soup



Ingredients:

- 2 1/2 lbs. of Roma tomatoes
- 1 lb. of cherry tomatoes
- drizzling of olive oil
- 1 onion sliced
- 8 peeled cloves of garlic
- 2 cups of fresh basil leaves
- 4 cups of vegetable broth
- salt and pepper

Instructions:

1. Preheat the oven to 425 degrees. Cut the Roma tomatoes in half lengthwise and put them on a baking sheet with the slices of onion, garlic cloves, and cherry tomatoes.
2. Drizzle the vegetables with olive oil and mix it around.
3. Roast the vegetables in the oven 30-40 minutes until golden

4. When vegetables are done, take them out of the oven and peel away any skin from the onions or tomatoes.
5. Pour everything from the baking tray (including the juices from roasting) into a soup pot with 4 cups of vegetable broth, the basil, salt, and pepper.
6. Simmer the mixture for 15-20 minutes and then use an immersion blender to blend the soup.
7. Enjoy!

Recipe adapted from: <https://www.cookingclassy.com/roasted-tomato-basil-soup/>

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 74

% Daily Value *

Total Fat 4 g	6 %
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Saturated Fat 0 g	2 %
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Monounsaturated Fat 2 g	
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Polyunsaturated Fat 0 g	
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Trans Fat 0 g	
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Cholesterol 0 mg	0 %
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Sodium 561 mg	23 %
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Potassium 347 mg	10 %
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Total Carbohydrate 10g	3 %
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Dietary Fiber 2 g	6 %
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Sugars 5 g	
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Protein 3 g	6 %
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Vitamin A	42 %
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Vitamin C	24 %
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Calcium	10 %
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Iron	1 %
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