

# Roasted Tomato & Garlic Soup with Basil & Parmesan

Prep Time: 15 mins

Cooking Time: 1 hr

Serves: 8

## Ingredients:

- ☐ 3 lbs Roma Tomatoes – halved lengthwise
- ☐ 2 heads garlic – tops sliced off exposing garlic
- ☐ 1 large yellow onion – large slices
- ☐ 4 tbsp olive oil
- ☐ 1 tsp salt
- ☐ 1 tsp black pepper – fresh ground
- ☐ 4 chicken stock – homemade or low sodium
- ☐ 1 can (28oz) whole tomatoes – rough chop
- ☐ 4 dashes Worcestershire sauce
- ☐ 1 tbsp white wine vinegar
- ☐ ½ tsp crushed red pepper flakes
- ☐ ½ cup fresh basil – rough chop
- ☐ ½ cup parmesan cheese – finely grated
- ☐ 8 whole fresh basil leaves for garnish
- ☐ ¼ tsp crushed red pepper flakes for garnish
- ☐ 1 tsp extra virgin olive oil (evoo) for garnish



## Kitchen Tools:

- ☐ Chef's Knife
- ☐ Cutting Board
- ☐ Large Rimmed Baking Dish
- ☐ Small Rimmed Baking Dish
- ☐ Measure Spoons
- ☐ Measure Cups
- ☐ Oven Mitts
- ☐ Tongs
- ☐ Spatula
- ☐ Small Plate (reserved garlic)
- ☐ Cheese Grater
- ☐ Large Pot
- ☐ Wooden Spoon
- ☐ Ladle
- ☐ Soup Bowls for serving
- ☐ Large Spoons for serving

*Recipe by: The Kitchen Tool*

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## Instructions:

1. Preheat oven to 425'f
2. Place tomatoes and on a large rimmed baking sheet
3. Season with salt, pepper and 3 tbsps oil
4. Mix tomatoes and spread evenly
5. Place garlic and onions on a small rimmed baking sheet (cut side up for garlic)
6. Pour 1tbsp oil over garlic heads and onion
7. Mix onions and spread evenly
8. Place baking sheets in oven – roast for 30 minutes
9. Let cool for 15 minutes or until cool enough to handle
10. Remove peels from tomatoes
11. Squeeze garlic from skins
12. Pour tomatoes, onions and 3/4 garlic (reserve ¼ for garnish) into a large pot
13. Add chicken stock
14. Add canned tomatoes and juices
15. Add Worcestershire sauce, wine vinegar, red pepper flakes and basil
16. Bring to a boil and reduce to a simmer for 20 minutes
17. Taste and adjust seasoning – salt and pepper
18. Turn off heat and blend with an immersion blender
19. Add parmesan and stir
20. Ladle soup into bowls
21. Garnish with remaining garlic rough chopped, basil leaves, red pepper flakes and evoo

## Healthy Options:

- I'm using fresh grated parmesan for flavour and as a thickener. You can also use ½ cup cream to your liking.
- Buy fresh organic vegetables from your local farmer, when possible.
- Make your own chicken stock to help reduce salt and preservative content.

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