



Creamy Roasted Tomato Soup



prep time
10 minutes



total time
40 minutes



servings
6

Ingredients

- 6-8 heirloom tomatoes, quartered
~ 6 to 8 veggie servings
- 1 small sweet onion, quartered
~ 1 veggie serving
- 3 tablespoons extra virgin olive oil
~ 3 fat servings
- 2 tablespoons fresh thyme leaves
- kosher salt and pepper
- 1 cup canned coconut milk
~ 4 fat servings
- 1/3 cup basil pesto ~ 2 fat servings

Basil Pesto Ingredients

(makes more than needed for this recipe)

- 1 cup fresh whole basil leaves (packed)
+ 1/4 cup more ~ 1 veggie
- 1/4 cup walnuts ~ 1 fat
- 1/3 cup good-quality olive oil ~ 5 fat
- 2 whole cloves garlic + 1 additional
clove, minced

Instructions

- 1 Preheat the oven to 425 degrees F.
- 2 In a large oven safe pot, combine the tomatoes, onion, olive oil, thyme, and a pinch each of salt and pepper. Transfer to the oven and roast for 20-30 minutes or until the tomatoes just begin to char and release their juices. Let cool slightly.
- 3 To make the pesto, in a food processor, combine 1 cup of the basil leaves along with the walnuts, olive oil, 2 cloves of garlic, and salt and pepper to taste. Process until smooth.
- 4 Transfer the roasted tomatoes and their juices to a blender and add the milk. Puree until smooth. Return the soup to the pot and place over medium heat on the stove. Stir in the pesto and season the soup with salt and pepper. Thin with more milk if desired.
- 5 To serve, ladle the soup among bowls and top with some basil.



Whole Recipe Breakdown:

0 Servings Protein

0 Servings Carb

9 Servings Fat

7-9 Servings Veggies