



ROASTED TOMATO HERB SOUP

By. Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian & Maintenance Plans)

Summer is the best time to make homemade roasted tomato soup. Roma tomatoes are “meatier” than standard globe tomatoes and, therefore, used more often for sauces and soups. However, you can substitute any tomato in your garden for this recipe, or even purchase canned roasted tomatoes for a quick soup – but nothing beats the taste of fresh, roasted tomatoes from home. You can change the herbs in this recipe, as well, for variety or to suit your tastes.

Makes 4 servings. One serving is 1-1/2 cups and covers your vegetable and fat for one meal.



INGREDIENTS

- 10 medium Roma tomatoes, cut into 1” cubes or 4 cups other types of tomato or canned roasted tomatoes
- 2 Tbsp avocado oil
- 4 cloves garlic, minced
- 2 cups chicken broth (vegetarian broth for vegans/vegetarians)
- 1 Tbsp Herbs de Provence or dried basil (can use Italian seasoning, but start with 2 tsp)



and taste)

1/2 tsp Pink Himalayan salt

1/4 tsp black pepper

1/4 cup coconut cream or can use organic heavy cream

2 Tbsp Kerry Gold butter (omit if vegan/vegetarian)

2 Tbsp fresh basil, cut into ribbons

Liquid stevia drops, to taste (to cut acidity, if needed)

INSTRUCTIONS

Preheat the oven to 400°F. Line a large baking sheet with tin foil and lightly grease.

Toss the tomato cubes with olive oil and garlic, then spread out on the baking sheet in a single layer. Roast for 20-25 minutes, or until the skin puckers and they begin to caramelize.

Transfer the roasted tomatoes (with all the juices) to a high-powered blender (may need to do in batches) and blend until smooth. You can also place the roasted tomatoes and juice into a large pan and use an immersion blender to puree. (One more great argument for an immersion blender!)

Add the chicken broth, Herbs de Provence salt and pepper, mixing well. Bring to a boil, then reduce to low-medium heat and simmer for 15 minutes (without a cover).

Add cream and butter, stirring until incorporated well. Add liquid stevia to taste, if desired. Top with fresh basil and serve.

OPTIONS:

Vegan/Vegetarians can add hemp hearts/seeds to their serving for protein. (Two tablespoons for 7 grams of protein.)

Anyone can add 1.5 Tbsp of Nutritional Yeast for a cheesy flavor for 8 grams of protein. (Aim for 20 grams protein to equal 3 oz)

Maintenance: Top with grated/shredded Parmesan cheese