

## Roasted Tomato Soup



MACROS: 3.2 g P, 10.9 g C, 1.4g F

### WHAT YOU NEED

1.8 kg ripe Roma tomatoes, halved	70 g Vidalia onion, diced
¼ tsp crushed red pepper flakes	8 g garlic, minced
2 tsp Herbs de Provence	28 oz can San Marzano tomatoes
1 tsp smoked paprika	20 g chopped fresh basil
10 g olive oil	800 mL organic chicken stock
	Salt and Pepper to taste

Pre-heat the oven to 375 F. Toss the tomatoes, pepper flakes, and herbs together. Spread them in a single layer on two large baking sheets lined with foil and roast for an hour, tossing once or twice. Set your timer!

Next, in a large stockpot heat up the olive oil and sautee the onions until soft, add the garlic, and cook for another 30 seconds until it becomes fragrant. Stir to prevent sticking. Add the canned tomatoes, basil and stock. Add the roasted tomatoes including any cooking liquid. Bring to a boil, then reduce the heat and simmer uncovered for another 40 minutes. Season with salt and pepper after reducing.

Let cool completely, and then blend with an immersion blender. Taste and adjust seasoning!

This recipe makes 10 cups, and the macros are per 1 cup.