

# Roasted Tomato Soup

<http://glutenfreegoddess.blogspot.com/2008/03/roasted-tomato-soup.html>

October 7, 2012



*A tomato soup recipe to cure all ills. Roasting is the secret.*

When cabin fever hits, I am not a pretty sight. My hair has a static-inspired halo decidedly unholy. My chin breaks out (zits? At 53?). I pace and fidget. I am not the serene goddess you think I am.

I am itchy and creaky and sick to death of pilled winter sweaters- not to mention winter temperatures. You folks in Ohio? My thoughts are with you, Babycakes. Here in northern New Mexico I don't have much to kvetch about. But you? Oy. All that snow? It might crush me. Seriously. I'd be done.

So to celebrate the return of **Daylight Saving** (three weeks early, no less) I made a life affirming taste bud tingling pot of soup this weekend. See if this doesn't help quench your cabin fever.

Just a little.

This soup is lovely as is. I mean it. It's a gorgeous burst of crushed tomato flavor. But if you simply have to kick it up, be my guest. Add a dab of basil pesto on a toasted wedge of crusty

gluten-free bread. Or serve with a garnish of finely chopped red onion.

**What you'll need to do first: Roast some fresh tomatoes.**

Preheat the oven to 400 degrees F.

3 pounds plum tomatoes  
Olive oil  
Garlic cloves  
Italian herbs  
Balsamic vinegar

Grab three pounds of plum tomatoes (or vine ripe tomatoes) and wash them gently, thinking of spring (I also added some yellow tomatoes).

Cut the love fruits (aka tomatoes) in half and toss them into a roasting pan with splashes of extra virgin olive oil, some dried Italian herbs and several peeled cloves of garlic. Add a generous drizzle of balsamic vinegar (to keep this yeast-free use lemon juice or omit).

Slide the pan into the oven and gather the next ingredients. The tomatoes should be ready in roughly 45 minutes.

Your kitchen will smell like an Italian vacation.

**Ingredients:**

2 tablespoons olive oil

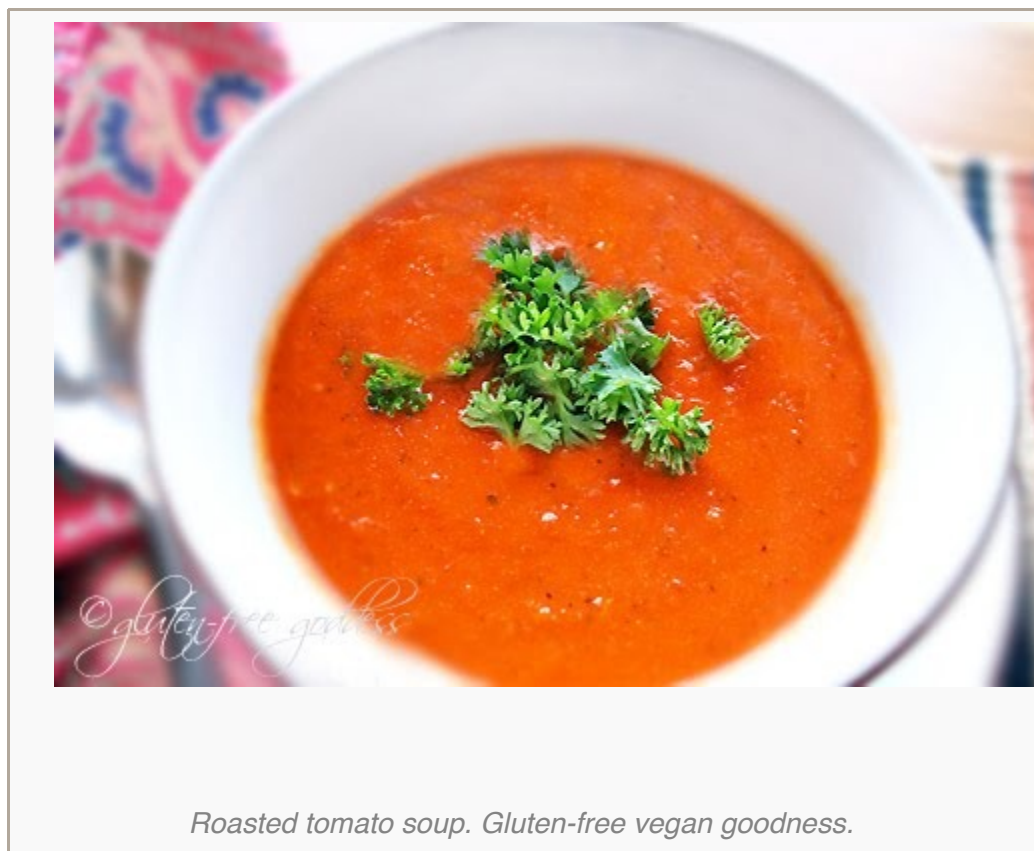
1 red onion, peeled and diced

1 teaspoon dried basil

1/2 teaspoon red chili flakes- if you like heat- or omit

1 28-ounce can organic Muir Glen Fire Roasted Crushed Tomatoes

1/2 teaspoon organic raw agave- or to taste



3 cups light broth

1 bay leaf

Sea salt and freshly ground pepper, to taste  
3 lbs. oven-roasted plum tomatoes (see above)

Garnish:

Chopped fresh parsley, basil or mint

**Instructions:**

In a heavy soup pot heat the olive oil over medium heat. Add the onion and garlic and stir for five minutes. Add the herbs and chili flakes, and stir another minute or two, until the onion is softened. Add the canned tomatoes, raw sugar and broth. Toss in the bay leaf and season with sea salt and fresh ground pepper, to taste.

Add the oven-roasted tomatoes and garlic, breaking the pieces apart a bit with a wooden spoon.

Cover and bring to a simmer; lower the heat and continue to simmer for about 30 to 40 minutes.

Discard the bay leaf.

Puree the soup with an immersion blender, (or in small batches in a food processor or blender, tightly covered). Return to the pot. Taste for seasoning adjustments. Heat through.

If you like a creamy soup, stir in a half cup of your favorite plain non-dairy milk or cream.

If the soup is too thick, add enough hot broth to thin it to the consistency you prefer.

Keep warm until serving.

Sprinkle with chopped herbs.

Serves 4.

*Recipe Source: [glutenfreegoddess.blogspot.com](http://glutenfreegoddess.blogspot.com)*

*All images & content are copyright protected, all rights reserved. Please do not use our images or content without prior permission. Thank you.*