

# Roasted Tomato Soup

Roasting the tomatoes, onions and garlic for this simple summer soup enhances their inherent sweetness.



## Ingredients

- 1 ½ pounds large tomatoes, such as beefsteak, cut in half crosswise
- 1 medium sweet onion, such as Vidalia, peeled and cut in half crosswise
- 3 large cloves garlic, unpeeled
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- ¼ teaspoon salt, or to taste
- Freshly ground pepper to taste
- 2 cups reduced-sodium chicken broth or vegetable broth, divided
- ¼ cup tomato juice
- 1 teaspoon tomato paste
- ¼ teaspoon Worcestershire sauce
- 1 tablespoon fresh basil, chopped
- Brown sugar to taste (optional)
- ½ cup corn kernels (fresh, from 1 ear) or frozen, thawed

## Instructions

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Toss tomatoes, onion and garlic in a mixing bowl with 1 tablespoon oil. Season with salt and pepper. Spread on the prepared baking sheet and roast until the vegetables are soft and caramelized, about 30 minutes. Let cool.
3. Peel and seed the tomatoes. Trim off the onion ends. Peel the garlic. Place the vegetables in a food processor or blender with 1 cup broth and the remaining 1 teaspoon oil. Pulse to desired thickness and texture.
4. Transfer the vegetable puree to a large heavy pot or Dutch oven. Add the remaining 1 cup broth, tomato juice, tomato pate, Worcestershire sauce, basil and brown sugar (if using). Bring to a simmer over medium heat, stirring often. Ladle into 6 soup bowls, garnish with corn and serve.

### Nutrition Per Serving

88 Calories, Total Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Carbohydrates: 13 g, Fiber: 3 g, Total Sugars: 6 g, Added Sugars: 0 g, Protein: 3 g, Sodium: 295 mg, Potassium: 473 mg, Folate: 36 mcg, Calcium: 28 mg

**Carbohydrate Servings: 1**

### Yield:

6 servings,  
1 cup each

### Active Time:

35 minutes

### Total Time:

45 minutes

### Make Ahead Tips:



Cover and refrigerate for up to 2 days or freeze for up to 2 months.