

# TOMATO SOUP

4 Servings

## INGREDIENTS

2 3/4 lb. tomatoes  
8 cloves garlic, smashed  
1 onion, thickly sliced  
2 Tbsp olive oil  
Salt and pepper to taste

## DIRECTIONS

### Step 1

Heat oven to 325°F. On a rimmed baking sheet, toss tomatoes, garlic and onion with oil and 1/2 teaspoon each salt and pepper. Roast until tomatoes are tender and juicy and onion is tender, 60 to 70 minutes.

### Step 2

Transfer all vegetables to a pot along with 4 cups of water; bring to a boil, then in a blender or using an immersion blender, puree until smooth.

## SHOPPING LIST

Tomatoes

Onion

Garlic

## **NUTRITION**

Calories: 136

Fat: 7g

Saturated Fat: 1g

Protein: 3g

Carbohydrates: 17g

Fiber: 4g

Sodium: 858mg