RECIPE

Roasted tomato soup with white beans

A roasted tomato soup for lunch, made creamy with white beans instead of cream, finished with olive oil and balsamic.

MAKES

6 servings US Metric

TOTAL

1 h 15 min

Ingredients

- [ ] 3 lb ripe Roma tomatoes, halved lengthwise
- [ ] 1 large onion, quartered
- [ ] 2 tbsp olive oil, for roasting
- [ ] 1 tsp garlic powder
- [ ] ½ tsp salt, for roasting
- [ ] ¼ tsp black pepper
- [ ] 3 cups cooked no-salt-added white beans (two 15 oz cans), drained and rinsed
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 1 tsp dried basil leaves
- [ ] 1 tsp dried oregano leaves
- [ ] 1 tbsp balsamic vinegar
- [ ] ½ tsp salt, to finish
- [ ] 1 tbsp olive oil, to finish

Method

1. Heat the oven to 425 °F. Line a large rimmed sheet pan with parchment. Lay the tomatoes cut side down on the pan with the onion pieces tucked between them.
2. Drizzle the 2 tbsp oil over the vegetables. Sprinkle with the garlic powder, the ½ tsp roasting salt and the pepper, and toss so everything is coated.
3. Roast for 40 to 45 minutes, until the tomato skins wrinkle and the onion edges brown. Cool 10 minutes on the pan.
4. Put the roasted vegetables and every bit of juice from the pan into a blender with the beans, broth, tomato paste, basil and oregano. Blend in two batches, with the lid vented and a towel over it, until smooth.

- [ ] 1 cup water, to thin the soup

5. Pour the soup into a pot and add the 1 cup water. Bring to a simmer over medium heat and cook 10 minutes, stirring now and then. At 5,300 ft it simmers near 203 °F, which is hot enough for this soup without extra time.

6. Off the heat, stir in the balsamic vinegar, the ½ tsp finishing salt and the 1 tbsp olive oil. Serve hot.

7. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F.