



# ROASTED GARLIC TOMATO SOUP

(DF, GF, V)

## INGREDIENTS

- 6 large or 8 small to medium sized tomatoes, each segmented (cut) into 8 pieces
- 1 small yellow onion, sliced into thin pieces
- 2-3 tablespoons fresh rosemary, chopped
- 2 heads of garlic
- 2 tablespoons coconut sugar 1 cup canned coconut milk (1 part of the thick cream, 1 part of the liquid)
- sea salt and pepper, for seasoning
- Optional: vegan Parmesan cheese, pre-made pesto, grain free crackers

## DIRECTIONS

### How-to:

1. *Heat your oven to 425 degrees (F)*
2. *Line two large baking trays with parchment paper. Set aside.*
3. *Place the segmented tomatoes, sliced onion, 2 tablespoons olive oil, rosemary, a pinch of sea salt and pepper into a large mixing bowl. Gently toss to combine.*
4. *Spread the tomato mixture out evenly between the parchment lined baking trays. Set aside.*
5. *Slice the top off the two heads of garlic. Place them in a large square of foil and drizzle with the remaining 2 tablespoons olive oil. Loosely close the foil to cover.*
6. *Make a little room on one of the baking trays and place the garlic foil "bag" on the tray.*
7. *Place both trays in the oven. Roast 35-40 minutes or until the garlic is soft and the tomatoes are slightly browned.*
8. *Allow the garlic to slightly cool and use a spoon to scoop out the cloves. Place them in a high speed or regular blender. Add the roasted tomato mixture to the blender along with the coconut milk and sugar. Blend 3-5 minutes, or until smooth. Add more milk if the soup is too thick for your liking.*
9. *If using a high speed blender, continue to blend at a high speed for 3-5 more minutes to warm the soup if needed. If using a regular blender, you can pour the soup in a large pot and heat on medium heat for approx. 10 minutes if needed.*
10. *Serve in bowls, seasoning with additional sea salt and pepper if needed. Top with vegan parm and pre-made pesto if desired. Eat and enjoy!*

### Tips and Tricks:

- *I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online*
- *I like to serve mine with some Simple Mills grain-free rosemary crackers*
- *Reduce the amount of coconut sugar if you don't want it quite as sweet*
- *Don't like rosemary? Omit it and use another fresh herb of your choice. Make it the way you like it!*

**PREP TIME: 10 MIN**

**COOK TIME: 50 MIN**

**TOTAL TIME: 60 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

[www.carolynsbloomingcreations.com](http://www.carolynsbloomingcreations.com)