



# EASY ROASTED VEGETABLE SOUP

serves 4

So easy, despite all the ingredients. Chop any veggies, roast them, blend them, eat while smiling!

## INGREDIENTS

- 6-8 vine ripened tomatoes, halved and cored
- 2 leeks, white and light green parts only, cut into ½ inch pieces
- 2 carrots, sliced into ½ inch pieces
- 1 celery stalk, cut into ½ inch pieces
- 4 garlic cloves, peeled
- 4 cups low sodium vegetable broth
- 1 cup water
- ¼ cup loose pack basil leaves, ripped into pieces or cut into thin strips (garnish)

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 90 MINUTES**

## DIRECTIONS

1. Preheat oven to 425°F.
2. On a roasting pan, combine tomatoes, leeks, carrots, garlic, and celery with salt and pepper to season.
3. Spread veggies in a single layer with cut side of tomatoes down. Roast at 425°F until veggies are tender, about an hour.
4. Remove from heat, allow to cool so tomatoes are easy to handle (about 10 -15 minutes).
5. Peel tomato skins off with fingers, or if still hot, use tongs.
6. Transfer veggies into a sauce pan (or pot), add vegetable broth and water. Bring to boil, reduce heat and simmer for 10 min.
7. Allow soup to cool for about 10-15 min.
8. \*Use a regular blender (or immersion blender if you are not using ceramic pots), blend soup until smooth (30-45 seconds).
9. Work in small batches and be careful if temperature of soup is hot. Be sure to remove lid of blender often, if soup is still hot, to release the steam.
10. Ladle into bowls. Garnish with ripped up basil and a side salad.
11. Serve while smiling 😊