

# Roasted Cherry Tomato Soup

Have dinner ready in minutes with this quick and easy Roasted Cherry Tomato Soup. You will love the fresh basil flavours, and the warming roasted flavours of the antioxidant rich tomatoes. Tomatoes are abundant in vitamin C, beta-carotene, lycopene, potassium, and dietary fibre, all of which support overall health and possibly help bolster the body's natural defences against certain cancers.

## Preparation Quick Tip:

When tomatoes are processed into a sauce or other cooked products, or cooked or served with a little oil, you'll absorb more of the lycopene and beta-carotene they provide.

## Ingredients

- 1 kg cherry tomatoes, halved
- 1 medium onion, roughly chopped
- 4 cloves garlic, peeled
- 2 tablespoons olive oil
- Salt and pepper to taste
- 4 cups vegetable broth
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup basil pesto (store-bought or homemade)



## Directions

1. Roast the Vegetables:
2. Preheat your oven to 200°C.
3. Place the halved cherry tomatoes, chopped onion, and whole garlic cloves on a baking sheet.
4. Drizzle with B-Well Canola oil and season with salt and pepper.
5. Roast in the preheated oven for 20-25 minutes, until the tomatoes are soft and slightly caramelized.
6. Prepare the Soup:
7. Transfer the roasted vegetables to a large pot.
8. Add the vegetable broth\* and bring to a simmer over medium heat.
9. Use an immersion blender to blend the soup until smooth. Alternatively, you can blend the soup in batches using a blender.
10. Stir in the chopped fresh basil and basil pesto.
11. Simmer for an additional 5 minutes to let the flavours meld.
12. Ladle the roasted cherry tomato soup into bowls.
13. Garnish with additional fresh basil leaves and a drizzle of basil pesto if desired and serve with toasted sourdough bread on the side.

**Tips:** The soup can be stored in an airtight container in the refrigerator for up to 3 days or frozen for up to 3 months. \*For a lower sodium broth – make your own. A lot of vegetable broths are chockful of sodium (salt). When making your own you can adjust your broth to your liking.



If you would like to show your support kindly visit :  
<https://act4cansa.org.za/> or scan the QR code to the left.

The information in this recipe does not supersede that of a doctor or health practitioner. Please consult your doctor for all medical advice and treatment.