HEARTY & GROUNDING

Roasted Tomato and Garlic Soup with Crusty Bread

PREP	COOK	SERVES
15 min	45 min	4

Vegan Vegetarian

A velvety soup of oven-roasted tomatoes, sweet garlic and basil. Simple, vegan and better than any tin.

Ingredients

- 1 kg ripe tomatoes, halved
- 1 head of garlic, top sliced off
- 1 large onion, cut in wedges
- 3 tbsp olive oil
- 1 tsp sugar
- 500 ml vegetable stock
- A handful of fresh basil
- Salt and black pepper

To serve

- 4 thick slices of crusty bread
- Extra olive oil for drizzling

Method

1. Heat the oven to 200°C. Spread the tomatoes, onion and the garlic head on a large tray, drizzle with the oil, sprinkle with sugar, salt and pepper, and toss.
2. Roast for 35 to 40 minutes, until the tomatoes are soft and the edges are charred.
3. Squeeze the soft garlic out of its skins into a large pan and add the tomatoes, onion and all the juices from the tray.
4. Pour in the stock and bring to a gentle simmer for 5 minutes. Add most of the basil.

5. Blend until smooth, then taste and adjust the salt and pepper. Add a splash of water if it is too thick.
6. Toast the bread, drizzle with olive oil, and serve with the hot soup topped with the remaining basil.

> **Cook's tip**
>
> If your tomatoes are pale and watery, stir in a spoonful of tomato purée with the stock for a deeper colour and flavour.