

Tomato Soup-Roasted

This recipe makes about 8 cups



Ingredients

3 lbs. tomatoes
8 cloves garlic
2 onions
1/2 cup fresh basil
1/2 tsp dried oregano
1 cup vegetable broth

Directions:

1. Preheat the oven to 400°F
2. Peel and slice the onions
3. Core the tomatoes & peel the garlic. Insert the garlic cloves into the hollowed centers of the tomatoes
4. Place the tomatoes in a baking dish and lightly spray with cooking spray—be careful not to overdo it
5. Season with salt and pepper to taste.
6. Roast the tomatoes for 40-45 minutes until soft and slightly caramelized.
7. While the tomatoes are roasting, heat a pan large stockpot over medium heat with a splash of broth. Add the sliced onions and cook slowly, stirring occasionally. Add broth as needed until caramelized.
8. Once the tomatoes, garlic, and onions are done, transfer them to a blender.
9. Add the fresh basil and blend until smooth.
10. Pour the blended mixture into a pot over medium heat.
11. Stir in 1-2 cups of vegetable broth or water (adjust for desired consistency)
12. Add ½ tsp dried oregano
13. Simmer for 10-15 minutes, adjusting seasoning as needed.
14. Add parchment paper to your trays
15. Pour soup onto trays
16. Pre Freeze when possible
17. Freeze dry (my cycle time was 31 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of boiling water to ½ cup freeze-dried tomato soup. Stir and enjoy

Nutritional Value Per 1 cup

Calories: 54 Protein: 2 g Fat: 0 g Carbohydrates: 12 g Sugar: 6 g Fiber: 3 g