

Roast Tomato and Basil Soup



A delicious, simple soup that can be served hot or cold.

Ingredients

2 punnets cherry tomatoes
4 roma tomatoes, halved
1 onion, chopped
4 garlic cloves
1/4 cups fresh basil
1/2 tsp dried oregano
500 ml salt reduced vegetable stock
extra virgin olive oil, for cooking

Method:

1. Preheat the oven to 190C. On a baking tray, add the tomatoes, onion and garlic cloves. Drizzle with some olive oil and season with salt and pepper. Roast in the oven for 30-40 minutes.
2. In a deep saucepan, over medium heat add the roasted vegetables, basil, oregano and

vegetable stock and bring to a simmer for 10-15 minutes.

3. Using an immersion blender, blend the soup until you have a smooth consistency