



# Roasted Tomato Soup

NIBBLEDISH CONTRIBUTOR

## Ingredients

10 tomatoes, cut in half

1 large onion, quartered

4 or 5 cloves of garlic

1 large red pepper

Fresh thyme leaves or 1/2 teaspoon dried

Freshly ground pepper

1/4 cup olive oil

Vegetable or chicken stock

Reduced Balsamic for garnish

Creme Fraiche for garnish

## Instructions

Toss all of the ingredients, except the stock with the olive oil, and roast in a pre-heated 400 degree oven for 25 to 30 minutes until the vegetables begin to caramelize and char at the edges and become soft.

Place the roasted vegetables in a soup pot and cover with stock.

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Simmer for at least 15 minutes and puree in a food mill. By using a food mill you can remove the tomato skins, if you use a blender the skins will be part of the soup.

Garnish the soup with a couple swishes of reduced Balsamic and Creme Fraiche.

Editor's note: Soups are a great way to ward off illness in the cooler months, which is especially important if you have chronic obstructive pulmonary disease (COPD). [Soups for COPD](#) should include lots of vegetables to provide you with the vitamins you need to stay healthy.