

Tomato & Roasted Red Pepper Soup w/ Avocado Toast

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

For a creamier soup, omit 1 cup of vegetable stock and add 1 small can of coconut milk.

Step 1: Starting the Soup

- 1 to 2 tbsp olive oil
- medium white onion, diced
- 1 tsp fresh thyme, minced
- 4 cloves garlic, minced
- 1 -28 oz can of crushed tomatoes
- 1 cup roasted bell pepper, chopped
- 2 to 2 1/2 cup vegetable stock*
- 1/2 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper

First, gather and prepare your mise en place.

In a medium pot over medium heat, add the olive oil and onions and sauté quickly until the onions begin to caramelize. Next, add the garlic and fresh thyme, and continue to sauté for about a minute, or until they become fragrant.

Next, add the crushed tomatoes, roasted peppers, vegetable stock and salt and pepper. *Note: Start with 2 cups of liquid and then adjust the amount of liquid depending on the consistency you like.

Bring the soup to a simmer, lower the heat and let cook 20 to 30 minutes.

Step 2: Finishing the Soup

To finish the soup, remove from the heat, and with an immersion blender or counter top blender, carefully blend until smooth. Season to taste.

Step 3: Preparing the Toasts

- 2 avocados, peeled and seeded
- 2 tbsp fresh basil, finely chopped
- 1/2 lemon, juiced
- 4 slices whole grain bread, lightly toasted
- sprinkle of coarse sea salt

Using a fork, in small bowl mash together the avocado, basil and lemon juice.

Evenly spread the avocado mixture onto the pieces of toast. Garnish with additional basil and a sprinkling of coarse sea salt.

Serve the soup and avocado toasts together as a delicious light lunch.