

Grilled Tomato Soup with crusty bread

Serves 1 | Active Time: 35 minutes | Total Time: 35 minutes

Swick

Chef's Notes

Suggested adult serving: 2½ cups soup; 2 ounces bread

Store any leftover soup in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Purée: When using a blender to purée hot liquids, you may want to cover the lid with a towel to reduce the possibility of coming into contact with hot liquid or steam.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Step 1: Make the Soup

- 1 1/2 carrots chopped (≈3/4 cup)
- 3/4 yellow onion chopped (≈3/4 cup)
- 3/4 red bell pepper chopped (≈3/4 cup)
- 3 cloves garlic (≈1 tablespoon)
- 1 1/2 cups unflavored plant milk
- 1 1/2 cups low-sodium vegetable broth
- 1 1/2 potatoes peeled & diced (≈9 oz)
- 1 1/2 teaspoons Italian seasoning
- 1/3 teaspoon smoked paprika
- 1/3 teaspoon crushed red pepper flakes
- 1 1/2 dried bay leaves
- 9 plum tomatoes halved & cored (≈1 2/3 lbs)
- 1 1/2 tablespoons fresh basil chopped
- 1 1/2 tablespoons fresh lemon juice
- freshly ground black pepper
- sea salt
- FOR SERVING: 6 oz round whole-grain artisan bread warmed (≈3 slices)

If you are using a charcoal or gas grill:
Preheat the grill to medium heat.

If you are using the oven broiler:
Heat broiler to high and line a rimmed baking sheet with aluminum foil.

SAUTÉ AROMATICS

In a stockpot over medium heat, cook carrots, onions, bell peppers, and garlic, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

START SOUP

Add plant milk, vegetable broth, potatoes, Italian seasoning, smoked paprika, pepper flakes, and bay leaf to stockpot. Increase heat to high, cover, and bring to a boil. Reduce heat to low and simmer until potatoes are tender, 10 minutes.

GRILL TOMATOES

If you are using a charcoal or gas grill:
Grill tomatoes until they start to char, 5 to 10 minutes. Remove from grill.

If you are using the oven broiler:
Place tomatoes, cut side down, on prepared sheet. Broil until tomatoes are lightly charred and softened, 5 to 10 minutes.

FINISH SOUP

Add grilled tomatoes to soup and cook until all vegetables are very tender, 5 minutes. Remove and discard bay leaf. Using an immersion blender, purée soup until very smooth (or purée in batches in a high-powered blender or food processor, then return to pot; see tip). Stir in basil and lemon juice. Season with salt and pepper to taste.

SERVE

Serve soup alongside warm bread.