

SOUP

Double Tomato Soup with Goat Cheese Toast

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
56 min	27 min	29 min	5	\$1.89	147 kcal

Double Tomato Soup with Goat Cheese Toast is a hor d'oeuvre that serves 5. Watching your figure? This lacto ovo vegetarian recipe has 147 calories, 8g of protein, and 6g of fat per serving. For \$1.89 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 2 tablespoons thinly sliced fresh basil
- ☐ 2 ounces goat cheese, softened
- ☐ 1 tablespoon olive oil
- ☐ ½ cup minced red onion
- ☐ ¾ teaspoon salt
- ☐ ½ ounces 0 diagonally cut French bread (about 1/2 inch thick)
- ☐ 1 garlic clove, minced
- ☐ 1½ cups 1% low-fat milk
- ☐ 3 pounds yellow and orange tomatoes, peeled, seeded and chopped (about 6 tomatoes)
- ☐ 1 tablespoon sherry or red wine vinegar
- ☐ 1 tablespoon tomato paste

EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Ladle, Blender, Broiler, Dutch oven

Method

- 1 Preheat broiler.

- 2 Heat oil in a Dutch oven over medium-high heat.
- 3 Add onion and garlic, and saut 5 minutes or until soft.
- 4 Add tomatoes and tomato paste; bring to a boil, reduce heat, and simmer, uncovered, 20 minutes or until mixture thickens.
- 5 Carefully place tomato mixture in a blender or food processor; process until smooth. Return mixture to pan; stir in milk and next 4 ingredients. Cook over medium heat 2 to 3 minutes or until thoroughly heated.
- 6 Meanwhile, place baguette slices on a baking sheet; broil 1 to 2 minutes or until lightly browned.
- 7 Spread goat cheese on warm bread.
- 8 Ladle soup into bowls; garnish with basil leaves, if desired.
- 9 Serve with toast.

Nutrition per serving

147	8 g	6 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.5 g · 16% of daily needs
Fibre			3 g · 12% of daily needs
Sugar			4.8 g · 5% of daily needs
Sodium			576 mg · 25% of daily needs
Cholesterol			8.8 mg · 3% of daily needs
Vitamin C			45.8 mg · 55% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/double-tomato-soup-with-goat-cheese-toast-147795