



WHATSheATE



## Grilled Tomato Soup with Grilled Cheese Croutons (+ Panini Press Giveaway from Sargento!)



Vegetarian



Popular

READY IN



95 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



2 tablespoons butter softened



6 slices sargento colby-jack cheese



3 tablespoons olive oil extra virgin divided



1 teaspoon basil fresh chopped



0.5 teaspoon chives fresh chopped



2 tablespoons parsley fresh chopped

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon granulated sugar
- ☐ 1 bell pepper red chopped
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper black
- ☐ 4 slices sourdough bread
- ☐ 2 pounds tomatoes halved
- ☐ 1 cups vegetable broth
- ☐ 1 medium onion yellow

## Equipment

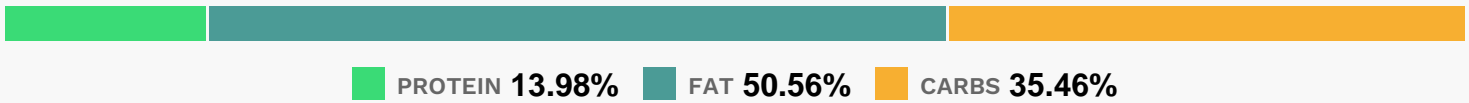
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ measuring cup
- ☐ dutch oven
- ☐ immersion blender
- ☐ cutting board
- ☐ panini press

## Directions

- ☐ Preheat the panini grill to high heat.Scoop out the pulp and seeds from the tomato halves into a small bowl.
- ☐ Place a strainer over a liquid measuring cup; pour the pulp and seeds through the strainer to collect tomato juice.

- ☐ Add enough vegetable broth to the measuring cup to bring the total amount of liquid to 2 cups. Set aside.
- ☐ Drizzle the cut sides of the tomato halves with 1 tablespoon of olive oil and season with sea salt and black pepper. Adjust your grill so that it is at a slight tilt (not completely flat), with drip tray in place to collect the juices that will run off. In batches, place the tomatoes, cut side down, on the grill. Close the lid, making light contact with the tomatoes without pressing them. Grill the tomatoes for 8–10 minutes until the outer skins are wrinkly and the tomatoes are soft.Slice the onion into 1/2–inch thick rounds (do not separate the rings).
- ☐ Drizzle the onions with 1 tablespoon of olive oil and season with salt and pepper.
- ☐ Place the onions on the grill. Close the lid, making light contact with the tomatoes without pressing them. Grill the onions for 4–6 minutes until they are tender.
- ☐ Transfer the onions to a cutting board, let them cool a bit and give them a rough chop.
- ☐ Heat the remaining 1 tablespoon of olive oil in a dutch oven or large saucepan over medium heat.
- ☐ Add the red bell pepper and stir for 4 to 5 minutes until it begins to soften.
- ☐ Add in the garlic and red pepper flakes and cook for another minute. Stir in the grilled tomatoes, onions, sugar, parsley, thyme sprig and vegetable stock mixture. Bring the soup to a boil, reduce the heat and simmer uncovered for 40 minutes.Purée the soup either with an immersion blender or, in batches, in a blender or food processor. Season with salt and pepper to taste.
- ☐ Serve hot with grilled cheese croutons.

## Nutrition Facts



## Properties

Glycemic Index:141.15, Glycemic Load:30.15, Inflammation Score:-10, Nutrition Score:29.077391546705%

## Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

7.02mg

Nutrients (% of daily need)

Calories: 553.64kcal (27.68%), Fat: 31.83g (48.97%), Saturated Fat: 13.97g (87.32%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 44.82g (16.3%), Sugar: 13.11g (14.56%), Cholesterol: 54.95mg (18.32%), Sodium: 1130.19mg (49.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.6%), Vitamin C: 75.03mg (90.94%), Vitamin A: 3763.16IU (75.26%), Vitamin K: 61.22µg (58.3%), Vitamin B1: 0.58mg (38.7%), Calcium: 362.4mg (36.24%), Manganese: 0.72mg (35.81%), Folate: 142.82µg (35.71%), Selenium: 24.99µg (35.69%), Phosphorus: 336.29mg (33.63%), Vitamin B2: 0.52mg (30.36%), Vitamin E: 3.69mg (24.61%), Vitamin B3: 4.86mg (24.3%), Potassium: 795mg (22.71%), Vitamin B6: 0.44mg (21.81%), Iron: 3.91mg (21.73%), Fiber: 5.42g (21.67%), Zinc: 2.53mg (16.85%), Magnesium: 65.03mg (16.26%), Copper: 0.28mg (13.87%), Vitamin B5: 0.66mg (6.64%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.25µg (1.68%)