



Roasted Eggplant and Tomato Soup



Vegetarian



Vegan



Dairy Free



Very Healthy



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



238 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lbs plum tomatoes cored cut in half lengthwise
- ☐ 2 large carrots cut into 3/4-inch pieces
- ☐ 10 garlic cloves peeled
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 6 servings kosher salt and ground pepper black
- ☐ 1.5 lbs eggplant cut into 3/4-inch chunks
- ☐ 15.5 oz garbanzo beans drained and rinsed canned
- ☐ 2 teaspoons curry powder

- ☐ 0.5 cup cilantro leaves fresh chopped for serving
- ☐ 2 large sheets rimmed baking
- ☐ 6 servings food processor

Equipment

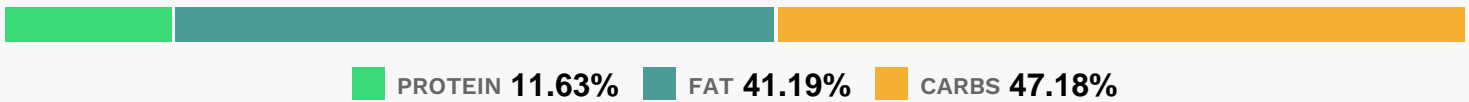
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ roasting pan
- ☐ tongs

Directions

- ☐ Prepare baking sheet with the tomatoes, carrots, and garlic: Preheat oven to 425°F (220°C).
- ☐ Place racks on the top third and bottom third of oven.
- ☐ Place the tomatoes, carrots, and garlic in a large bowl and sprinkle with 2 Tbsp of olive oil, 1 teaspoon of salt, and 1/4 teaspoon black pepper. Toss to coat the vegetables evenly.
- ☐ Spread them out in an even layer in a rimmed baking sheet, with the tomatoes cut side down on the baking sheet.
- ☐ Place the chopped eggplant and garbanzo beans in the same bowl and sprinkle with the remaining 2 Tbsp of olive oil, the curry powder, a teaspoon of salt, and 1/4 teaspoon of black pepper. Toss to coat the eggplant pieces and garbanzo beans well.
- ☐ Spread them out in a single layer on a second rimmed baking sheet.
- ☐ Roast the vegetables:
- ☐ Place the baking sheet with the tomatoes and carrots on the top rack and the eggplant and garbanzo beans on the lower rack in the oven.
- ☐ Roast at 425°F (220°C) until cooked through and lightly browned, about 45 minutes. About halfway through the cooking turn the vegetables over so they brown on the other side.

- ☐ Remove skins from tomatoes, process tomatoes, carrots, garlic in a blender:
- ☐ Remove the vegetables from the oven when done. Use tongs or a fork to peel off the tomatoes skins (they should come off easily) and discard.
- ☐ Place the roasted tomatoes, carrots, garlic, and all of the juices from the roasting pan in a blender or food processor and blend until smooth.
- ☐ Pour the tomato carrot purée into a large pot. Stir in the roasted eggplant and garbanzo bean mixture.
- ☐ Add 3 to 4 cups of water to thin.
- ☐ Heat to a simmer on medium.
- ☐ Season with salt and pepper.
- ☐ Sprinkle with fresh cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:42.36, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:22.500869420074%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 237.57kcal (11.88%), Fat: 11.66g (17.93%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 19.62g (7.14%), Sugar: 11.22g (12.47%), Cholesterol: 0.01mg (0%), Sodium: 240.03mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Vitamin A: 6033.28IU (120.67%), Manganese: 1.29mg (64.34%), Vitamin C: 37.05mg (44.91%), Fiber: 10.41g (41.66%), Vitamin B6: 0.73mg (36.42%), Vitamin K: 35.74µg (34.04%), Potassium: 1018.7mg (29.11%), Vitamin E: 3.25mg (21.68%), Folate: 84.27µg (21.07%), Copper: 0.37mg (18.69%), Magnesium: 67.02mg (16.76%), Phosphorus: 161.36mg (16.14%), Vitamin B3: 2.5mg (12.52%), Iron: 2.22mg (12.35%), Vitamin B1: 0.18mg (12.13%), Vitamin B5: 0.85mg (8.47%), Zinc: 1.22mg (8.17%), Calcium: 80.7mg (8.07%), Vitamin B2: 0.12mg (7.12%), Selenium: 2.69µg (3.85%)