



Roasted Tomato Soup with Chipotle



Vegetarian



Gluten Free



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds garden tomatoes fresh cored sliced in half
- ☐ 1 onion peeled quartered to top)
- ☐ 4 cloves garlic
- ☐ 1 bell pepper red cored sliced in half
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings salt
- ☐ 1 to 2 chipotle chiles canned roughly chopped (in adobo)
- ☐ 2 cups chicken stock see for vegetarian option (or vegetable broth)

- ☐ 4 servings basil fresh sliced chopped for garnish
- ☐ 4 servings cup heavy whipping cream sour for garnish

Equipment

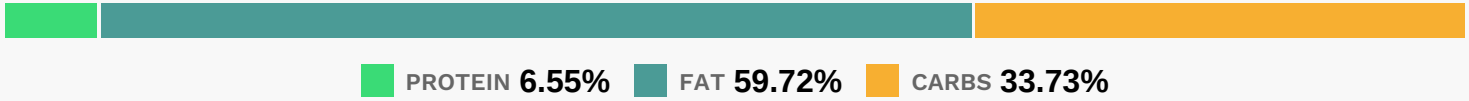
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Roast the tomatoes, bell pepper, garlic, onions: Preheat oven to 400°F. Coat the bottom of a rimmed baking pan or baking sheet with olive oil.
- ☐ Arrange the tomatoes and red bell pepper cut side down on the sheet.
- ☐ Place the garlic cloves and onion on the baking sheet. Paint olive oil over the vegetables and sprinkle everything with salt.
- ☐ Bake in the oven 45 minutes, or until the skins of the tomatoes and peppers start to blacken.
- ☐ Remove the baking sheet from the oven and allow it to cool for 10 minutes. Pick the tomato and red pepper skins off the tomatoes and peppers and discard. Peel the skins off the garlic and discard. Reserve the baking sheet.
- ☐ Put the roasted tomatoes, onions, peeled garlic, roasted peppers, and chipotle into a food processor or blender.
- ☐ Add any of the tomato liquid that may be left in the baking pan. Scrape up any browned bits on the pan (not blackened bits) and add those to the food processor bowl as well.
- ☐ Pulse until you have a rough purée, about 60 seconds.
- ☐ Pour the purée into a medium pot.
- ☐ Add 2 cups of stock.
- ☐ Heat the soup to a simmer.

- ☐
- Add salt to taste.
- ☐
- Garnish with a dollop of sour cream that has been lightly thinned with water, and freshly sliced basil or chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:19.56956533375%

Flavonoids

Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 243.62kcal (12.18%), Fat: 17.22g (26.49%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 16.14g (5.87%), Sugar: 13.53g (15.03%), Cholesterol: 7.08mg (2.36%), Sodium: 689.15mg (29.96%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin C: 87.79mg (106.42%), Vitamin A: 4097.89IU (81.96%), Vitamin K: 37.41µg (35.63%), Vitamin E: 4.38mg (29.19%), Potassium: 936.91mg (26.77%), Manganese: 0.51mg (25.45%), Fiber: 5.74g (22.96%), Vitamin B6: 0.43mg (21.7%), Folate: 70.81µg (17.7%), Vitamin B3: 2.38mg (11.89%), Magnesium: 45.72mg (11.43%), Copper: 0.23mg (11.4%), Phosphorus: 111.11mg (11.11%), Vitamin B1: 0.16mg (10.87%), Vitamin B2: 0.12mg (7.12%), Iron: 1.25mg (6.92%), Calcium: 60.3mg (6.03%), Zinc: 0.77mg (5.17%), Vitamin B5: 0.49mg (4.9%), Selenium: 1.04µg (1.48%)