

Roasted Tomato Basil Soup

Yield: 5 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/jolly-holiday-tomato-basil-soup-recipe>

Ingredients:

- 2 1/2 pounds Roma tomatoes cut in half lengthwise
- 4 tablespoons olive oil divided
- salt and pepper, to taste, for seasoning tomatoes
- 1 onion medium, chopped
- 4 cloves garlic minced
- 1 dash red pepper flakes
- 1 cup basil freshly chopped
- 15 ounces diced tomatoes
- 4 cups vegetable broth you can use chicken broth
- salt and pepper, to taste

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 17 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1080 milligrams
8. Sugar: 12 grams

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