



### ***Recipe for-***

#### **Easy Veggie Recipe: Roasted Tomato Eggplant Soup**

Tomato soup is a comfort food! The texture and flavor of tomato soup is enhanced by roasting tomatoes and eggplant ahead of time. You can easily roast the tomatoes, store them in fridge, then use them when you have time to roast the eggplant and turn it all into a healthy, delicious, and rich soup.

#### **Ingredients:**

1 large eggplant  
1 sprig rosemary, or ¼ teaspoon dried rosemary  
¼ teaspoon red pepper flakes  
1 clove garlic, crushed  
10 or more, plum tomatoes  
Sprinkle of salt & pepper  
1 teaspoon Italian seasoning  
1 medium onion, chopped  
4 tablespoons butter or margarine

#### **Preparation steps:**

Preheat oven to 400 degrees.

Infuse olive oil- heat ¼ cup olive oil, garlic, rosemary, and red pepper flakes in a small saucepan. Cook over low heat 5 minutes. Set aside.

Rinse eggplant then cut into ½ inch slices. Arrange slices in a single layer on a baking sheet. Brush the tops of eggplant with infused olive oil. Bake in oven for 15 minutes. The eggplant will be very tender. Remove the skins, and set aside.

Rinse tomatoes, cut in half lengthwise, and place cut-side down on a baking sheet lined with paper towels. Allow the tomatoes to stand at room temperature for 1 hour. Remove paper towels and discard. Turn tomatoes cut-side up on baking sheet. Sprinkle with salt, pepper, & Italian seasoning. Bake in oven at 350 degrees for 1-hour & 15 minutes.

Meanwhile in a stockpot, cook butter/margarine, chopped onion for 10 minutes or until tender. Add roasted eggplant & tomatoes, plus 3 cups fat-free chicken or vegetable stock. Bring to a boil and simmer 30 minutes. Use the immersion blender to create a creamy smooth and satisfying soup. Serve with a leafy green salad, topped with low-fat cheese, and whole grain bread.

This soup freezes well, so prepare a large amount to save for a family meal on a busy day!

**Rutgers Cooperative Extension, Department of Family and Community Health Sciences**

*Joanne Kinsey 2015*

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