

Tomato & Roasted Red Pepper Soup

Swick

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 45 minutes

Step 1: Making the Soup

- 1 to 2 tbsp olive oil
- 1 medium white onion, diced
- 2 carrots, diced
- 4 cloves garlic, minced
- 1 tsp fresh thyme, minced
- 1 -28 oz can quality whole tomatoes, packed in tomato juice (such as D.O.P. tomatoes)
- 1 cup roasted bell pepper, chopped
- 2 to 2 1/2 cups stock
- 1/3 cup cashews
- 1/2 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper

To start the soup, first, gather and prepare your mise en place.

In a medium pot over medium heat, add the olive oil, followed by the onions and carrots, and sweat for about 5 minutes, or until the onions and carrots start to soften and become translucent. Next, add the garlic and fresh thyme, and continue to cook for about a minute, or until they become fragrant.

Next, add the tomatoes, roasted peppers, stock, and salt and pepper. Start with 2 cups of stock and then adjust the amount of liquid depending on the consistency you like. For the stock, we like to use the Faux Chicken Bouillon Powder but any good vegetable stock will work.

Bring the soup to a gentle simmer and let cook for 20 to 30 minutes or until the flavors come together and you are happy with the flavor. For a creamier flavor and texture, add the cashews at this point as well and let them cook and soften with the soup.

To finish the soup, remove it from the heat, and using a high-speed blender carefully blend the soup until it is nice and smooth — or to your desired consistency. Season to taste.

Step 2: Preparing the Avocado Toast | Optional

- 2 avocados, peeled and seeded
- 2 tbsp fresh basil, finely chopped
- 1/2 lemon, juiced
- 4 slices whole grain bread, lightly toasted
- sprinkle of coarse sea salt

Using a fork, in a small bowl mash together the avocado, basil, and lemon juice.

Evenly spread the avocado mixture onto the pieces of toast. Garnish with additional basil and a sprinkling of coarse sea salt.

Serve the soup and avocado toasts together as a delicious light lunch or dinner.