

# CREAMY VEGAN ROASTED TOMATO SOUP

Fresh tomatoes roasted with onions and garlic form the backbone of this easy vegan roasted tomato soup recipe. Serve with a sandwich or salad for a nourishing late-summer or early-fall lunch or dinner.

PREP TIME: 10 minutes

COOK TIME: 50 minutes

TOTAL: 1 hour

SERVINGS: 6 servings



5 from 5 votes

## INGREDIENTS

- 4 pounds ripe tomatoes, cut into large slices
- 2 large yellow onions, peeled and cut into thick wedges
- 6 large garlic cloves, peeled
- 4 tablespoons olive oil
- 3/4 teaspoon fine or kosher sea salt (use less if your stock is salty)
- 1/2 teaspoon freshly ground black pepper
- 4-5 cups vegetable stock (or chicken stock or chicken bone broth for non-vegan)
- 1/2 cup full-fat coconut milk (or half and half or heavy cream for non-vegan)
- 1/2 teaspoon smoked paprika (optional)
- a pinch of chili flakes (about 1/8 teaspoon)

## OPTIONAL TOPPINGS:

- extra virgin olive oil, cashew cream (see note), cherry tomatoes, fresh basil, thyme, or oregano, chili flakes

## INSTRUCTIONS

1. Position racks in the upper and lower thirds of the oven and preheat to 375°F.
2. Divide the prepared tomatoes, onion, and garlic among two rimmed baking sheets lined with parchment for easy clean-up, and sprinkle with the olive oil, salt, and pepper. Roast the vegetables until they are golden and soft, 35-45 minutes. Let cool to warm or room temperature.
3. Scrape the vegetables and their juices into a food processor, and blend until smooth.

4. Scrape the mixture into a large pot or dutch oven and stir in the stock (you may need more or less, depending on how juicy your tomatoes were), coconut milk, smoked paprika, if using, and chili flakes. Bring to a simmer, and cook, stirring occasionally, to meld the flavors together, 10 minutes. Taste, adding more salt if you like.
5. Ladle warm soup into bowls and top with a swirl of cashew cream, a drizzle of olive oil, cherry tomatoes, pinch of chili flakes, and/or fresh herbs.
6. Extra soup keeps well, cooled and refrigerated airtight, for up to 5 days. Or freeze for longer storage.

## NOTES

Soup recipe adapted from [Honey & Jam](#).

To make an easy cashew cream for the topping, simply whisk together equal parts cashew butter and warm water, and season to taste with a little salt and lemon juice. Alternatively, blend soaked cashews with water until smooth and creamy, then season with salt and lemon juice.

See the post above for more serving suggestions!

If tomato basil soup is what you crave, stir a handful of chopped fresh basil into the soup at the very end, when it's off the heat. Alternatively use a tablespoon of minced fresh oregano leaves or 1 teaspoon of fresh thyme leaves.

Nutrition values are for 1 of 6 servings (without toppings).

## NUTRITION

Calories: 203kcal	Carbohydrates: 19g	Protein: 4g	Fat: 14g
Saturated Fat: 5g	Sodium: 1016mg	Potassium: 824mg	Fiber: 4g
Sugar: 11g	Vitamin A: 2976IU	Vitamin C: 45mg	Calcium: 47mg
Iron: 2mg			



Making this? I'd love to see!

Tag your snaps [@The\\_Bojon\\_Gourmet](#) and [#bojongourmet](#)!

*Creamy Vegan Roasted Tomato Soup* recipe by Alanna Taylor-Tobin of The Bojon Gourmet. Source: <https://bojongourmet.com/creamy-vegan-roasted-tomato-soup/>.