

Eggplant Tomato Soup:

Ingredients:

1 eggplant halved and roasted
1 yellow onion peeled and chopped
1 fennel bulb chopped
2 garlic cloves minced
1 can whole plum tomatoes peeled
1 can tomato puree or paste
1 cup basil chopped
1 cup water
1 ½ cup olive oil divided
1 tsp salt
1 can coconut milk
Pepper to taste

Instructions:

1. Cut eggplant lengthwise and score with a knife on the underside
2. Sprinkle eggplant with oil and lay face down on half baking sheet
3. Roast eggplant at 350 degrees for 25-30 minutes
4. After roasting scrape eggplant from the skin and set aside
5. In a large pot over medium heat add olive oil
6. Sauté onion, fennel and garlic until tender – 10 minutes
7. Add plum tomatoes and tomato puree
8. Simmer for 10 minutes
9. Add remaining ingredients and simmer for 5-10 minutes longer
10. Puree the soup and serve