



Healing Roasted Tomato and Red Pepper Soup

★★★★★ 5 from 10 reviews

Author: [Emily Koch](#) Prep Time: 5 mins Cook Time: 30 mins Total Time: 35 mins Yield: 4 1x

Category: Soup, Appetizer, Entree, Side Cuisine: Gluten Free, Vegan, Vegetarian

DESCRIPTION

This soup is packed with sweet roasted tomatoes and smoky roasted red bell peppers. It's thick and comforting. It's great on its own or delicious served with gluten free croutons, bread, or a grilled cheese sandwich.

INGREDIENTS

SCALE 1x 2x 3x

- 6 cups tomatoes (I used a combo of cherry and vine-ripened, but any kind will do)
- 1 white onion, sliced
- 2 tablespoons olive oil
- Salt
- 6 to 7 garlic cloves, peeled
- 2 large red bell peppers
- Red pepper flakes to taste (optional)
- Salt to taste
- 2 teaspoons red wine vinegar
- 2 teaspoons olive oil

INSTRUCTIONS

- 1 Preheat your oven to 400 degrees.
- 2 TOMATOES/ONION/GARLIC:
- 3 If using larger tomatoes, cut them into fourths.
- 4 Place the tomatoes and onion on a large rimmed baking sheet (or divide into two smaller baking sheets if too close together). Toss with the olive oil and the salt and spread out evenly.
- 5 Place the garlic cloves on a large piece of tin foil and drizzle with a little oil. Wrap the garlic up tightly so that the cloves are all laying flat. Place the garlic on the baking sheet.
- 6 Roast everything for 20 to 22 minutes, flipping halfway through. Everything should be tender and the tomatoes will have released their juices.
- 7 RED PEPPERS:
- 8 While the tomatoes are roasting start roasting the peppers.
- 9 **Gas Stove method:** Turn two gas burners on high. Place a red pepper on each gas burner and allow the skin to char, about 2 to 3 minutes per side. Use tongs to rotate the pepper so each side is really black and blistered (see picture). You may see the skin catch on fire every once in awhile. That's okay, it usually goes out quickly. Don't walk away from the peppers.
- 10 **Broiler Method:** Turn on your broiler. If you don't have a broiler that is separate from your oven then you will need to wait until the tomatoes are done roasting. Place the peppers on a rimmed baking sheet and place them as close to the broiler as you can. Broil for 3 to 5 minutes per side, or until all the sides are well charred.
- 11 Once the peppers are charred place them in a large mixing bowl. Cover tightly with plastic wrap. Allow the steam to help loosen the skin, about 5 minutes.
- 12 Use a paper towel to peel off most of the blackened skin from the red pepper. Make sure to leave behind some char as it adds that smoky flavor. I actually like to leave a lot of the char on the pepper.
- 13 Cut the bell pepper, removing the core and seeds.
- 14 BLEND:
- 15 Allow the roasted tomatoes to cool slightly. Add all ingredients to your blender, including the red wine vinegar, red pepper flakes, and olive oil, working in batches so that the blender is only halfway full at a time. Blend until smooth.
- 16 Taste and adjust seasoning as needed: more salt to bring out the flavor, or a little red wine vinegar for more tang, or red pepper flakes for a little more heat.
- 17 If the soup has cooled too much you may need to reheat it before serving.
- 18 Serve with [gluten free stove top croutons](#), other gluten free bread, or gluten free grilled cheese sandwich, if desired. Also delicious on its own. Enjoy and be healed my friends!

NOTES

- 1 **Broth:** If you want a thinner consistency you can add some vegetable broth, or [chicken broth](#). A lot of readers have enjoyed the recipe this way.



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