

# **Roasted Mexican Tomato Soup**

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**Servings: 8**

**1 can (28 oz) whole peeled tomatoes**  
**1/2 teaspoon salt**  
**freshly ground black pepper**  
**2 teaspoons brown sugar**  
**2 tablespoons olive oil**  
**1 cup green onion, chopped**  
**1 large carrot, chopped**  
**2 cloves garlic, chopped**  
**1/4 teaspoon cumin**  
**1 can (14 oz) Mexican-style stewed tomatoes**  
**3 cups chicken broth**  
**1/2 cup heavy cream**  
**Monterey Jack cheese**

Preheat the oven to 300 degrees.

Drain the whole tomatoes, reserving the juice. Cut the tomatoes into halves and place on a baking sheet. Sprinkle with salt, pepper and brown sugar. Drizzle with one tablespoon of oil.

Bake for 90 minutes or until browned.

Heat the olive oil in a large saucepan. Add the green onion, carrot, garlic and cumin. Cook for 10 minutes, covered.

Add the roasted tomatoes, reserved juice, stewed tomatoes and the broth.

Bring to a boil. Reduce the heat and simmer for 20 minutes.

Mash with a potato masher or blend with an immersion blender until partially smooth.

Add the cream and additional salt and pepper to taste.

Serve with the Monterey Jack cheese.

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Per Serving (excluding unknown items): 112 Calories; 9g Fat (75.1% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 464mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.