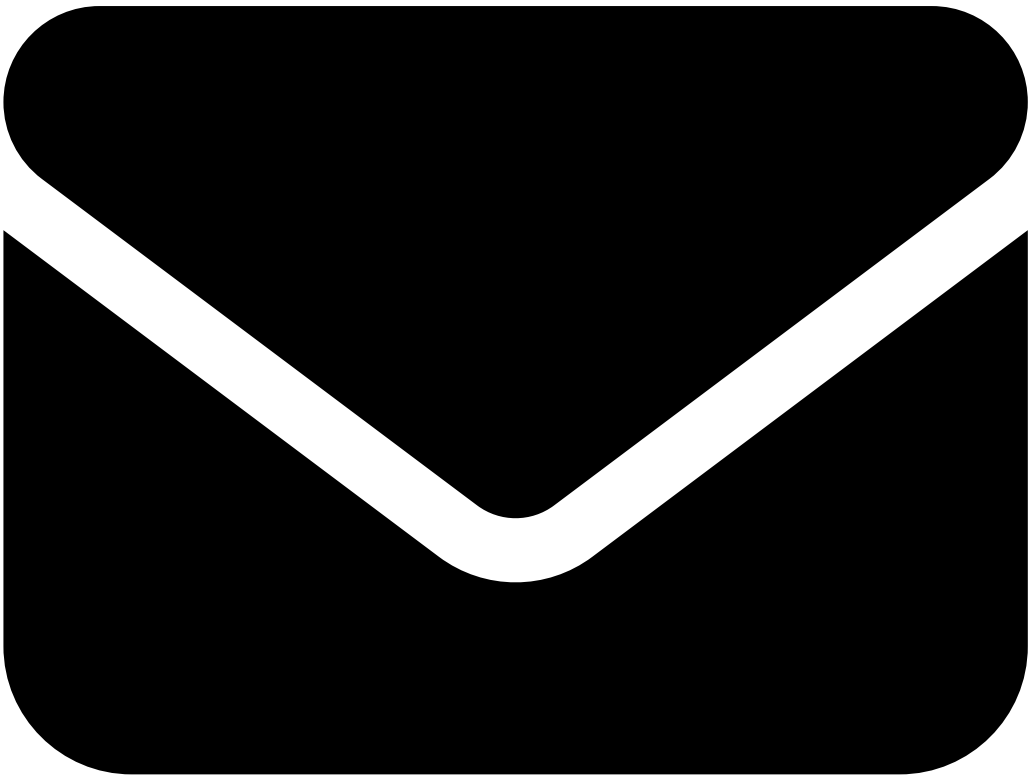
Tuscan roasted Tomato & Eggplant Soup

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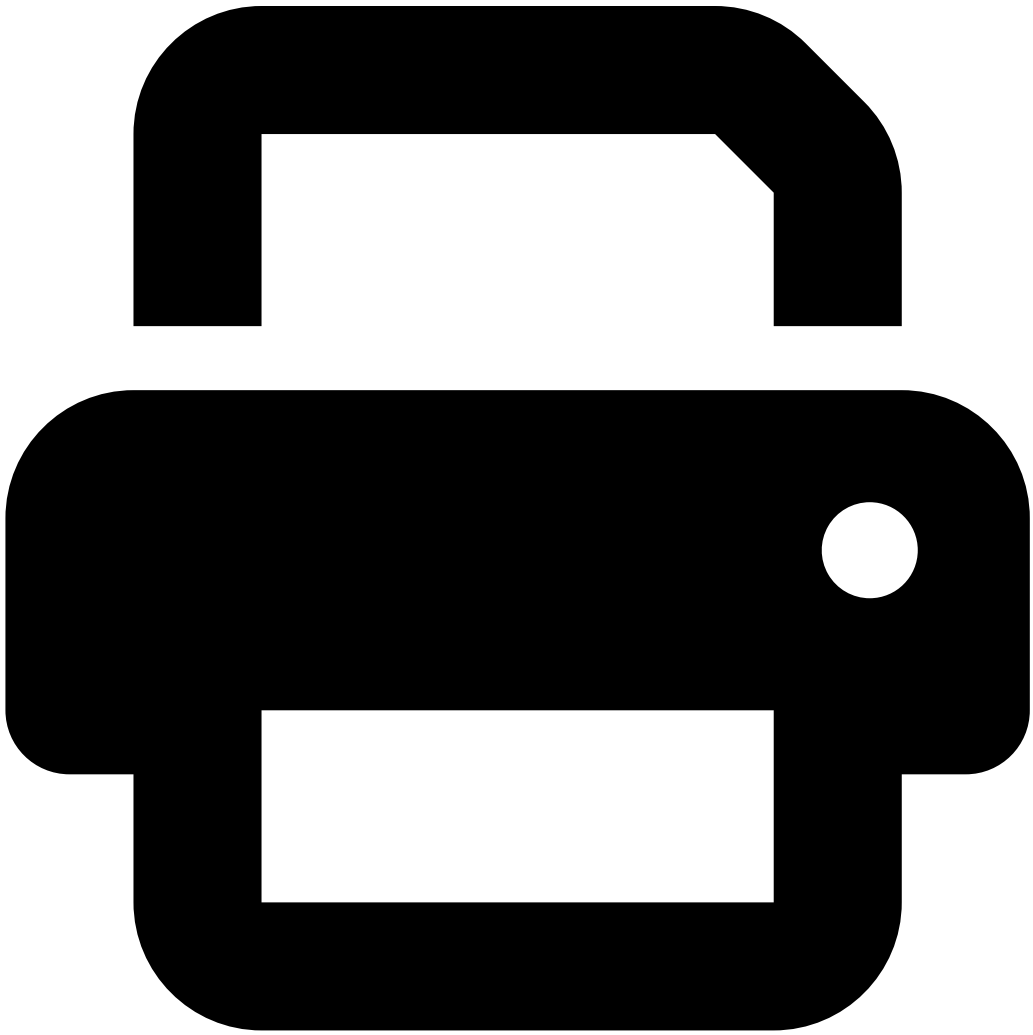
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SMS



There’s something special about making a meal with vegetables you’ve grown yourself. This **Tuscan Roasted Tomato & Eggplant Soup** came together with ingredients picked straight from my summer garden—sun-ripened tomatoes, tender eggplant, sweet peppers, and garlic. It reminded me so much of my mom’s garden growing up, where the late-summer harvest always turned into something cozy and delicious simmering on the stove.

But you don’t need a garden to enjoy this soup. Just grab the freshest produce you can find—whether it’s from the farmers’ market, your local grocery store, or a roadside stand. A simple roast in the oven brings out deep, rich flavor, and the result is a rustic bowl of comfort that tastes like it’s been passed down through generations.

Things to know about this Tuscan roasted tomato & eggplant soup

- **It’s naturally simple and wholesome.** Made with just fresh vegetables, broth, and olive oil, this soup is light, nourishing, and full of flavor—perfect for any season.
- **Roasting is the magic step.** Roasting the tomatoes, eggplant, peppers, and garlic concentrates their flavors and gives the soup a rich, slightly smoky depth that you just can’t get from boiling alone.
- **Customizable to your kitchen.** No eggplant? Add zucchini. Want it creamier? Blend in a spoonful of ricotta or coconut milk. Add white beans for protein, a handful of pasta to make it hearty, or a pinch of smoked paprika for extra warmth.
- **Use what’s in season.** Fresh summer tomatoes are ideal, but if it’s not tomato season, good-quality canned San Marzano tomatoes work too—just roast the other veggies and add the canned tomatoes in the blender stage.
- **It freezes beautifully.** Cool it completely before freezing in airtight containers or freezer bags. It’s perfect for those chilly nights when you need something cozy and homemade.
- **Craving more seasonal Italian comfort?**
  Here are a few more recipes straight from my kitchen to yours—fresh, simple, and full of flavor:
- Roasted Zucchini Panzanella Salad
  Amaretti-Stuffed Summer Peaches
  Italian Summer Street Corn

Tuscan roasted Tomato & Eggplant Soup



Tuscan roasted tomato and eggplant soup combines oven-roasted tomatoes, tender eggplant, garlic, and herbs into a rich and flavorful Italian soup. A rustic, comforting recipe that highlights simple Mediterranean ingredients

- 2 lbs. ripe tomatoes (Roma or heirloom, halved)
- 1 medium eggplant (cut into cubes)
- 2 bell peppers (red, yellow, or orange, seeded and chopped)
- 1 small yellow onion (quartered)
- 6 garlic cloves (peeled)
- 3 tablespoons olive oil
- Salt and freshly ground black pepper (to taste)
- ¼ teaspoon crushed red pepper flakes (optional)
- 3 cups vegetable or chicken broth
- ¼ cup fresh basil leaves
- Optional for serving: extra virgin olive oil (pesto sauce, ricotta, or crusty bread)

1. **Roast the vegetables:** Preheat oven to 400°F (200°C). On a large baking sheet, toss tomatoes, eggplant, bell peppers, onion, and garlic with olive oil, salt, pepper, and red pepper flakes.Roast for 35–40 minutes, until vegetables are soft and caramelized.
2. **Blend:** Transfer roasted vegetables to a blender or use

an emersion blender with 1 cup of broth. Blend until smooth (or leave slightly chunky for a rustic texture).

3. **Simmer:** Pour into a pot, add the remaining 2 cups of broth, and bring to a simmer over medium heat for 10–15 minutes. Stir in fresh basil.

4. **Serve:** Ladle into bowls. Finish with a drizzle of olive oil, pesto sauce or a spoonful of ricotta. Serve with warm, crusty bread.

Soup
Italian