

## **“Creamy” High-Protein Vegan Fire-Roasted Tomato Soup**

Brittany Goldman, RD  
Northern Virginia District

### **Ingredients:**

1 Whole bulb fresh garlic  
6 Tbsp. Olive oil  
2 Extra-large tomatoes, fresh, whole  
1 Medium cayenne pepper, fresh, whole  
1 Cup white onion, diced  
1 Cup basil, fresh, chopped  
1 Lb. Silken tofu, chopped  
1 ½ Tbsp. Liquid Smoke  
½ Tbsp. salt  
½ Tbsp. ground black pepper  
½ Tbsp. paprika  
½ Tbsp. ground cayenne pepper



### **Directions:**

1. Preheat oven to 400°F.
2. Slice the top off garlic bulb to expose individual garlic cloves. Peel most of the outer paper from garlic cloves, leaving bulb intact.
3. Drizzle garlic bulb with 2 tsp. olive oil.
4. Wrap garlic bulb in aluminum foil and bake 35-40 minutes.
5. Preheat propane grill to 450°F or light charcoal briquettes and heat until white and ashy.
6. Leaving tomatoes and cayenne pepper intact, coat the flesh of each with 1 tsp. olive oil. Place directly on grill and cook 10 minutes.
7. Remove tomatoes and pepper from grill. Peel skin from tomatoes. Dice tomatoes and pepper, reserving juices.
8. Peel remaining paper from roasted garlic cloves.
9. Heat 1 tsp. olive oil in a large saucepan over medium-high and add diced onion and garlic.
10. Once onion is soft, translucent and fragrant, add tomato, pepper, juices, basil, tofu, liquid smoke and all spices to saucepan and bring to a boil, stirring often.
11. Remove pan from heat and pour contents into a blender or food processor.
12. Add remaining olive oil.
13. Blend until smooth.