

Curtis Stone's tomato soup with pesto cream and cheese soldiers

- Egg-free
- Shellfish-free
- Peanut-free
- Soy-free
- Seafood-free
- No added sugar
- Vegetarian
- High in Dietary Fibre
- High in Protein

A delicious and comforting tomato soup with basil pesto, this vegetarian recipe from Curtis is hearty enough to be a main meal.

- Serves:6
- Cooktime:30 mins
- Preptime30 mins (+ cooling time)



Ingredients

- 2 tbs extra virgin olive oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 2 long red chillies, seeded, coarsely chopped (optional)

- 2 tbs tomato paste
- 1kg vine-ripened tomatoes, coarsely chopped
- 8 slices Coles Bakery Stone Baked by Laurent White Sourdough Vienna*
- 90g butter, at room temperature
- 8 slices gouda or colby cheese

Pesto cream

- 2 garlic cloves, crushed
- 1/4 cup (25g) walnuts, toasted
- 1 1/2 cups basil leaves
- 1/2 cup (40g) grated parmesan
- 1/3 cup (80ml) extra virgin olive oil
- 1/4 cup (60ml) thickened cream, warmed

Nutritional information

Per serve: Energy: 2320kJ/555, Cals (27%), Protein: 11g (22%), Fat: 45g (64%), Sat Fat: 17g (71%), Sodium: 400mg (20%), Carb: 26g (8%), Sugar: 7g (8%), Dietary Fibre: 6g (20%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

In a large saucepan over medium heat, add the oil, onion, garlic and chillies, if using. Cook, stirring, for 5 mins or until the onion softens. Add the tomato paste and cook, stirring, for 1 min. Stir in the tomatoes. Bring to a simmer and cook for 2 mins or until the tomatoes begin to release their juices. Add 1 cup (250ml) water and bring to the boil. Reduce heat to medium-low. Cover and simmer for 15 mins or until the tomatoes break down. Set aside to cool slightly. Use a stick blender to carefully blend until smooth.

2. Step 2

Meanwhile, to make the pesto cream, in a food processor, pulse the garlic and walnuts until finely chopped. Season. Add the basil and parmesan and pulse until the basil is finely chopped. With the motor running, gradually add the oil and cream in a thin, steady stream until well combined.

3. Step 3

Arrange the bread slices on a clean work surface. Spread 1 side of each slice with butter. Turn over half the slices and top with 2 cheese slices. Top with the remaining bread, butter-side up.

4. Step 4

Heat 2 large heavy-based non-stick frying pans over medium-low heat. Cook sandwiches for 3 mins each side or until golden brown and the cheese melts. Transfer to a plate and slice each sandwich into 3cm-wide strips.

5. Step 5

Divide the soup among serving bowls. Drizzle with pesto cream and season with pepper. Serve with the cheese soldiers.