**Tomato Soup**

Prep time: 10 min Cook time: 30 min

**Ingredients:**

* 6 tomatoes cut in half
* ½ cup chopped onions
* 2 cloves of peeled garlic
* 1 carrot chopped
* 1 glass of water
* 1 tbsp balsamic vinegar
* 1 tbsp extra virgin olive oil
* 2 tbsp chopped basil leaves
* Low sodium salt & pepper to taste

**Instructions:**

1. Preheat the grill. Place the tomatoes on a baking tray, drizzle with olive oil, salt, and pepper.
2. Roast the tomatoes until they shrink slightly but remain juicy.
3. In a pan, sauté onion, carrot, and garlic over medium heat until softened.
4. Add the roasted tomatoes, vinegar, and water, then bring to a boil. Reduce the heat and simmer for 15-20 minutes.
5. Allow the soup to cool slightly, then transfer to a blender and puree until smooth.
6. Stir in basil leaves, and serve hot with sourdough bread.