



# Tomato and bread soup

20'  
Hands on

50'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 600 g tomatoes
- 400 g bread
- 2 sprig(s) thyme
- 2 tablespoon(s) olive oil
- 1 onion
- 1 bay leaf
- 800 g water
- salt
- pepper

To serve

- [croutons](#)
- olive oil
- thyme

## Διατροφικός πίνακας

Nutrition information per portion

229 Calories (kcal)	5.8 Total Fat (g)	0.6 Saturated Fat (g)	35.0 Total Carbs (g)
11%	8%	3%	13%
5.9 Sugars (g)	7.7 Protein (g)	3.3 Fibre (g)	0.59 Sodium (g)
7%	15%	13%	10%

## Method

- Preheat the oven to 180° C (350° F) set to fan.
- Cut the tomatoes into small pieces, the bread into cubes, and put them in a [baking pan](#).
- Add the thyme and bake in the oven for 30-40 minutes, until the tomatoes are tender.
- Heat the olive oil in a [pot](#) over medium heat.
- Cut the onion into slices and sauté it for 3 minutes.
- Remove the baking pan from the oven and add the baked tomatoes and the baked bread, along with the pan's juices, into the pot.
- Add the bay leaf, the water, salt, pepper, and boil for 10 minutes.
- Remove the pot from the heat and beat the soup with an immersion blender, until all the ingredients are mashed and homogenized.
- Transfer the pot back on the heat and let the soup come to a boil.
- Remove the pot from the heat and check the seasoning.
- Serve with croutons, drizzle with extra olive oil, and sprinkle with thyme.