



Roasted eggplant soup

20'

Hands on

90'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

- 3 tomatoes, medium, cut in half
- 1 eggplant, large or 3 small ones, cut in half lengthwise
- 1 onion, medium, cut into 2 pieces
- 6 clove of garlic, peeled
- 2 tablespoon(s) olive oil
- 1 tablespoon(s) thyme, finely chopped
- 1 liter stock, chicken or vegetable
- 80 ml heavy cream 35%
- 100 g cream cheese, to serve

Διατροφικός πίνακας

Nutrition information per portion

91 Calories (kcal)	5.1 Total Fat (g)	2.2 Saturated Fat (g)	6.9 Total Carbs (g)
5%	7%	11%	3%
5.5 Sugars (g)	2.1 Protein (g)	3.1 Fibre (g)	0.17 Sodium (g)
6%	4%	12%	3%

Method

- Preheat oven to 200* C (390* F) Fan.
- Place the tomatoes, eggplants, onions and garlic in a large [baking pan](#) or two smaller ones.
- Brush the vegetables with olive oil and roast for 20 minutes. Remove the pieces of garlic so that they don't burn. Continue roasting for another 25 minutes until the rest of the vegetables turn golden and dark brown in some areas. Well roasted but not burned.
- When ready, remove pan from oven. Remove the skin off of the eggplants and discard.
- Add all of the roasted vegetables to a [pot](#) along with the thyme and stock. Bring to a boil.
- Lower heat and simmer for 45 minutes, until the onions soften.
- Remove from heat and allow to cool a bit.
- Puree the mixture in a blender.
- Return to pot. Add the heavy cream. Season with salt and pepper and simmer again.
- Serve in bowls and top with [homemade soft cheese](#).

Tip

You can also serve this soup with feta cheese or goat cheese or yogurt.