



Smoky Tomato Soup



INGREDIENTS

2 cups hickory smoking chips
2 cups water
2 medium bulbs garlic
1 (28-oz.) can Gustare Vita whole peeled San Marzano tomatoes
4 medium tomatoes, cut each into 4 wedges
1 medium yellow onion, cut into 6 wedges
1 medium red bell pepper, seeded and cut into 1-in.-wide strips
½ tsp Hy-Vee salt, plus additional to taste
½ tsp smoked paprika
⅛ tsp Hy-Vee ground cumin
2 (32-oz.) containers low sodium vegetable broth
Coarsely ground Hy-Vee black pepper, for serving
Fresh oregano, for garnish, for garnish

PREPARATION

- 1 Combine wood chips and water in a medium bowl; soak for 30 to 60 minutes.
- 2 Place oven rack in middle of oven; preheat oven to 275°. Place a wire rack in a half-sheet (18x13x1-in.) baking pan; spray with nonstick spray. Cut off a thin slice from the top of each garlic bulb to expose ends of individual cloves. Remove any loose, papery outer layers. Place garlic bulbs, cut sides up, on prepared wire rack in a baking pan. Drain canned tomatoes; reserving juices. Place canned and fresh tomatoes, onion and bell pepper on rack with garlic; set aside.
- 3 Line another half-sheet baking pan with heavy foil. Drain smoking chips, reserving ½ cup soaking water. Place smoking chips and reserved ½ cup soaking water in the foil-lined baking pan; spread to cover bottom of pan. Light wood chips with a kitchen torch for 1 to 2 minutes or until significant smoke forms without flame.
- 4 Transfer wire rack with vegetables on top of smoking chips. Quickly invert the baking pan from the vegetables and place it on top of the baking pan with wood chips to cover and trap the smoke. Place the covered pan in the oven; smoke vegetables in oven for 45 to 60 minutes or until desired smokiness flavor. Remove from oven.
- 5 Place oven rack 5 in. from heat; preheat broiler to HIGH. Carefully remove top pan from vegetables; transfer wire rack with vegetables to the empty baking pan. Broil vegetables for 4 to 5 minutes or until edges begin to char.
- 6 Carefully squeeze the base of each garlic clove and push it up and out of its paper husks into a food processor; cover and process until smooth. Add smoked vegetables to food processor; cover and pulse 3 to 5 times or until vegetables are coarsely chopped.
- 7 Transfer vegetable mixture to a medium stockpot. Stir in ½ tsp. salt, paprika and cumin. Add vegetable stock and reserved tomato juices. Bring to a boil; reduce heat to medium-low and simmer for 35 to 45 minutes or until desired consistency, stirring occasionally. To serve, divide into serving bowls. Season with black pepper and garnish with oregano sprigs, if desired.

NUTRITION FACTS

Calories: 150
Total Fat: .5g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 260mg
Carbohydrates: 30g
Fiber: 6g
Sugar: 17g
Protein: 5g