



Roasted Grape Tomato & Red Pepper Soup

The flavour bursts from the roasted tomatoes, garlic, red pepper and just-made pesto. Add in the crunch of [the Good bean](#) chickpeas (for added protein and fibre) and you've got a drool-worthy meal in a bowl. Enjoy!

Prep time: 5 minutes **Cooking Time:** 45 minutes **Makes:** 5 servings (about 1.5 cups each)

Ingredients:

3 containers (283 g/10 oz each) grape tomatoes, washed
2 red peppers, washed and chopped
7 cloves of garlic, peeled
3 tbsp (45 ml) extra virgin olive oil
½ tsp (2 ml) coarse sea salt
4 cups (1 l) of sodium-free chicken broth

How To Make:

1. Preheat oven to 400° F.
2. Place tomatoes, peppers and garlic into a large rimmed baking dish. Drizzle with olive oil. Sprinkle with sea salt.
3. Roast for about 35 to 40 minutes or just until the cherry tomatoes are splitting and the garlic is softened.
4. Remove from oven. Put tomatoes, peppers and garlic into a large saucepan. Add sodium-free chicken broth and whirl together with a hand blender until smooth (or transfer small batches to a blender* or food processor). Simmer over low heat until steamy.
5. Serve warm, garnished with generous amounts of freshly ground pepper, a drizzle of pesto and a handful of toasted chickpeas.

* Be careful when blending hot soup in a blender – be sure to use small batches only.

Yay! It's freezer-friendly! Place cooled soup into a freezer-safe container, leaving space at the top for expansion (about 1 to 2 inches. Freeze for up to 3 months. Defrost in refrigerator and warm gently in a large saucepan.