

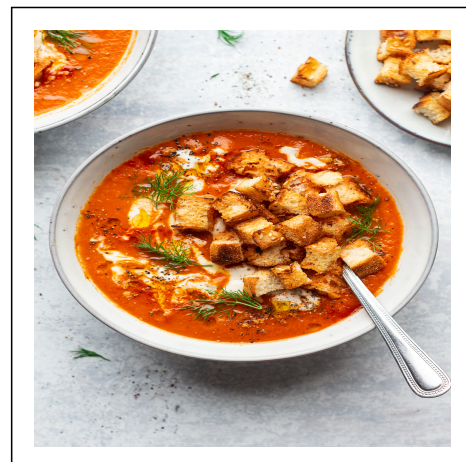
Recipe Name: Roasted Fennel and Tomato Soup Recipe

Diet Type:

Course: Appetizer

Cuisine: European

Quantity:



Ingredients

Ingredient	Quantity
• 4 Fennel bulb	4
• 4 Tomatoes	
• 2 tablespoon Extra Virgin Olive Oil	
• 1 tablespoon Butter	
• 4 cloves Garlic - Chopped	
• 2 cups Vegetable stock	
• Salt - to taste	
• 1/2 teaspoon Whole Black Peppercorns - freshly ground	
• 1/2 teaspoon Rosemary	
• 1/2 teaspoon Dried basil leaves	
• 2 tablespoon Fresh cream	

Preparation

- To begin making the Roasted Fennel and Tomato Soup Recipe, wash the fennel bulbs and tomatoes and pat them dry with a kitchen towel.
- Cut the fennel bulbs into slices and tomatoes into halves.
- Drizzle 1 tablespoon olive oil over the fennel, tomatoes and garlic and sprinkle some salt.
- Roast the fennel and tomatoes in the preheated oven for 20-30 minutes until you notice slight charred marks on the fennel and tomatoes.
- Once roasted, remove them from the oven and allow it to cool a little before you can blend.
- Stir in the fresh cream and simmer for another minute.



- Check the salt and seasonings and adjust to suit your taste.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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