

# Tomato Basil Soup



## Ingredients:

3 pounds ripe tomatoes (roma or san marzano), halved

1 tablespoon salt

2 medium yellow or white onions, quartered

6 garlic cloves

$\frac{1}{8}$  teaspoon crushed red pepper flakes

4 cups diced tomatoes

1 6 oz can tomato paste

4 cups fresh basil leaves, packed

1 can full fat coconut milk

2 drops basil vitality essential oil

1 drop black pepper vitality essential oil

1 drop thyme vitality essential oil

4 cups vegetable broth

**Directions:**

Preheat the oven to 400° F. Place tomatoes and onions on a baking sheet and roast for 25 minutes. Add garlic cloves, then roast for an additional 20 minutes. In batches, add roasted tomatoes, diced tomatoes, tomato paste, onions, garlic, and liquid from roasting to the blender along with basil, red pepper flakes, and vegetable broth. Bring ingredients to a boil and simmer uncovered, 30 minutes. Add coconut milk. Simmer for 15 minutes. Turn off heat. Add essential oils.