

Recipe from FormerChef.com

Slow Roasted Tomato and Fennel Soup

3 lbs whole fresh tomatoes
1 fennel bulb (about 1 lb)
1 large yellow onion (14-16 oz)
2 each carrots (8 oz)
2 stalks celery (8 oz)
3 cloves garlic
3 Tbsp olive oil
6 cups stock (chicken or vegetable)
1 tsp ground cumin
1 tsp smoked paprika
2 tsp kosher salt
2 oz plain yogurt or sour cream for garnish

yield= 2 quarts soup

Preheat oven to 275 degrees.

Quarter the fennel bulb and remove the stem/base end.

Cut the celery in half, peel the carrots and cut the ends off. Cut the carrots in half. Peel the onion, cut the ends off and cut into quarters. Peel the garlic cloves.

Toss the fennel, celery, carrots, onion and garlic with 1 tablespoon of the olive oil and place on a sheet pan.

Cut the cores from the tomatoes. If small (less than 2" or 2 oz weight), leave whole, otherwise cut the tomatoes in half. Put the tomatoes in a large bowl and toss with 2 tablespoons of olive oil. Place on a sheet pan.

Put both pans into a 275 degree oven and roast for 1:45-2 hours.

Put all the vegetables into a large soup pot and add 6 cups of chicken or vegetable stock. Bring to a simmer and cook until the tomatoes break apart and the firmer vegetables get soft.

Puree with an [immersion blender](#) or allow to cool and puree in a regular blender. Strain the soup through a [chinoise](#) or fine mesh strainer to remove the skins, seeds and fibrous parts of the fennel. This gives a much smoother soup.

Return the soup to the pot and reheat. Add the cumin, smoked paprika and salt to taste.

Garnish with yogurt/sour cream and a sprinkle of smoked paprika. Serve with home made [whole wheat bread](#).

Tip; to get that squiggle garnish, I put a couple of ounces of yogurt into a small plastic bag, squished it into the corner and snipped off the tip of the bag. Squeeze onto the top of the soup. Voila!