

Fresh Tomato Soup with Crispy Garlic Toasts

Ingredients (*Total Cost: \$7.80*)

- 3 lbs. small-medium tomatoes (\$2.97)
- 8 cloves of garlic, divided (\$1.08)
- 1 medium sized onion (\$0.50)
- 5 tbsp. olive oil, divided (\$0.50)
- 1 tsp. dried thyme (\$0.10)
- ½ tsp. dried oregano (\$0.05)
- 1 tsp. salt (or more, to taste) (\$0.02)
- ¼ tsp. pepper (or more, to taste) (\$0.01)
- ½ baguette (\$1.24)
- ½ cup canned full-fat coconut milk (\$1.13)
- 2 tbsp. nutritional yeast (\$0.20)

Steps

1. Preheat the oven to 450°F (230°C). Grease a large baking sheet with about 1 tbsp. olive oil.
2. Wash your tomatoes, remove the stems, and chop in half. Place cut side down on the baking sheet. Remove the skin off four of the garlic cloves and place on the baking sheet. Remove the onion skin, quarter, and place on the baking sheet as well. Sprinkle the tomatoes with the thyme, oregano, salt, pepper, and another tablespoon of oil. Roast in the oven for 20 minutes, or until the skins have started to split.
3. Mince the remaining four cloves of garlic, and place in a bowl covered with the remaining 3 tbsp. of olive oil. Thinly slice the baguette into 12 pieces. Dip the slices of the baguette in the oil and place on a large baking sheet, oily side down. Repeat with all the slices, and use a spoon to drizzle the garlic and remaining oil over the toasts. Place in the oven along with the roasting tomatoes for about 5 minutes, until the undersides are golden. *Note: if your family is big on bread, you may want to turn the whole baguette into garlic toast- just double the recipe I've given.*
4. Once the tomatoes are roasted, place them in a blender, scraping as much of the herbs and juices off the baking sheet as possible. Add the coconut milk, nutritional yeast, and blend until fairly smooth. Taste, adjust the seasoning as desired, and serve along with the garlic toasts.

