



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Plum Tomatoes

Tomato Basil Soup

Ingredients:

3 lbs plum or Roma tomatoes
2 cups sweet onion, large chop
6-8 cloves garlic
1 red bell pepper, chopped
2 cups chopped basil leaves, plus extra for garnish
2 tsp dried oregano
1 Tbs sugar
1 qt water, tomato juice, or broth
Olive oil
Salt and pepper to taste
shredded Parmesan cheese

Directions:

Preheat your oven to 400F. Line a baking sheet with parchment paper. Cut the tomatoes in half and arrange them on the baking sheet. Drizzle with olive oil and bake for 35-45 minutes depending on the size of the tomatoes.

In the meantime, heat a quarter cup of olive oil in a stock pot over medium heat. Add in the chopped onion and red bell pepper, cooking until onions are translucent. Reduce heat to medium low, and slow cook for about 15- 20 minutes. Stir them a few times but don't over handle them. The idea is to cook them slow enough without releasing any juices so the flavor stays within the vegetable. Bash the garlic with the side of a knife. Remove the peel and add it to the vegetables with a sprinkle of salt and pepper. Cook for another 5 minutes. Add in the water increasing the heat back up to medium. Allow the mixture to simmer uncovered until the tomatoes are ready.

Once the tomatoes are done, carefully place them in the stock pot. Add the sugar, basil, and oregano. Take a submersion blender, blending the mixture until slightly chunky. Add another sprinkle of salt and pepper. Simmer for 10 minutes so the flavors come together. Serve with shredded parmesan and chopped basil over top.

*If you keep parmesan rinds on hand, this would be the time to use one of them. Add it after you've blended the soup. Once the soup has simmered for 10 minutes, use tongs or a spider to fish out what's left of the rind. Skip the shredded parmesan.