



Honey Roasted Tomato Soup

EASY • 1 HOUR 5 MINS

Roasted tomatoes, golden croutons and a drizzle of Capilano Pure Honey... this is a soup that gets everyone asking for the recipe! Simple, satisfying, warming and nourishing.



SKILL LEVEL
Easy

PREP TIME
15

COOKING TIME
50

SERVINGS
4

Ingredients

- 1kg ripe Roma tomatoes, halved
- 250 grams cherry tomatoes
- 2 tbsp Capilano Pure Honey
- 3 tbsp olive oil

Method

1. Preheat oven to 200°C (180°C fan-forced). Line a large baking tray with baking paper.

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- 5 garlic cloves, unpeeled
- 1 brown onion, roughly chopped
- 2 tbsp tomato paste
- 500ml vegetable stock
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- 2 thick sourdough bread slices, cubed
- 1 tsp olive oil, for croutons
- 8 fresh basil leaves, to serve
- 1 tsp sesame seeds, to garnish
- 1 tsp **Capilano Pure Honey**, extra to drizzle

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Method

2. Spread out the Roma tomatoes, cherry tomatoes and garlic cloves on the baking tray. Drizzle with olive oil and Capilano Pure Honey, then season with smoked paprika, salt and black pepper. Roast until caramelised and tender (approximately 40 minutes).
3. While the tomatoes roast, warm a little olive oil in a large saucepan over medium heat. Cook the brown onion until soft and translucent.
4. Add tomato paste and cook for 2 minutes until dark and fragrant.
5. To make the croutons, toss the cubed sourdough in olive oil with a pinch of salt. Spread on a small baking tray and bake for around 10 minutes, or until golden and crunchy.
6. Squeeze the roasted garlic from its skins into the saucepan. Add all the roasted tomatoes and their juices, then pour in vegetable stock. Blitz with a stick blender until smooth and velvety.
7. Simmer over low heat for 5 minutes. Taste and adjust with a little more Capilano Honey, stock or salt as needed.
8. Ladle into warm bowls. Top with croutons, fresh basil, and sesame seeds. Finish with a drizzle of Capilano Pure Honey and serve immediately.

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