

# ROASTED EGGPLANT SOUP

## DELICIOUS & NUTRITIOUS



### INGREDIENTS

2 Onions  
2 Tomato's  
2 Garlic Gloves  
2 Large Eggplants  
Olive Oil  
1 Quart Broth  
1 Cup Cheese  
1 Can Black Beans



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### DIRECTIONS

1. Preheat oven to 425 Degrees F
2. Cut the vegetables (onions, tomatoes, garlic, eggplant) into large sections approx. 3 inches or so and place on a large baking sheet. Pour liberally olive oil.
3. Place in oven and bake for 20-30 minutes depending on how large your pieces were and how roasted you would like it to be.
4. Once baked you can remove all the vegetables and juice and place into a large stock pot.
5. Add in a quart of broth and bring to a boil, reduce to a simmer for 15 minutes.
6. Using your immersion blender puree until nice and smooth.
7. Add in 1 can of black beans (or bean of your choice) and 1 cup cheese. Serve!