

Nightshade Heaven Soup

Ingredients

- 3 medium vine-ripened tomatoes, halved
- 1 large or 2 medium eggplants (about 1 1/2 pounds), halved lengthwise, stem end trimmed
- 1 small onion, halved
- 2 leeks, cleaned and split lengthwise, tougher outer leaves removed
- 2 whole shallots, peeled, ends trimmed (or use mild onion)
- 6 large cloves garlic, peeled
- About 1/4 cup olive oil
- 1 tablespoon chopped thyme or 1 teaspoon dried thyme
- 1 cup dry white wine
- 3 cups chicken stock or broth, plus more as needed
- 1 cup coconut milk
- Salt
- Freshly ground black pepper

Directions

1. Preheat the oven to 400 degrees. Lightly grease the bottom of a large shallow roasting pan with coconut oil.
2. Spread the tomatoes and eggplant (flesh side up), onion halves, leeks, shallots and garlic in a single layer on the lined baking sheet. Coat them lightly with the oil. Roast for 45 minutes or until the vegetables are tender and browned in spots. (Some smaller pieces might be done sooner; remove from the oven earlier as necessary.)
3. When all the vegetables are done, scoop out the flesh of the eggplant and transfer to a large, heavy saucepan. Add the remaining roasted vegetables and the thyme. Add the wine and 3 cups of chicken stock and bring to a boil over medium-high heat, then reduce the heat to medium-low. Cover and cook until the onion is tender, about 45 minutes. Cool slightly.
4. Working in batches, puree the soup in a blender until smooth. Return the soup to the saucepan over medium-low heat. Add the coconut milk, stirring to combine. Use more stock or broth to thin the soup, if necessary. Season with salt and pepper to taste. Divide among individual bowls.
5. Serve warm.