



Makes 5 cups
Preparation Time: 45 minutes
Cook Time: 2 hours 40 minutes

INGREDIENTS:

- 1 whole head garlic
- 1 1-lb. globe eggplant
- 1 teaspoon whole cumin seeds
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup sliced celery
- 2 cups low-sodium vegetable broth
- ¼ cup packed fresh parsley leaves, plus chopped parsley for garnish
- 1 teaspoon fresh thyme leaves
- ⅓ teaspoon cayenne pepper
- 2 tablespoons white balsamic vinegar
- Balsamic glaze (optional, see tip)
- Chopped tomatoes

Creamy Roasted Eggplant Soup

Perfect as a refreshing starter for warm-weather gatherings, this chilled roasted eggplant **soup** combines the smoky flavors of roasted **eggplant** and garlic with cumin-scented aromatics and fresh herbs. A splash of white balsamic vinegar adds a bright note, while a topping of juicy tomatoes and an optional drizzle of balsamic glaze delivers a fresh, tangy finish. You can eat this soup hot, but chilling it lets the flavors harmonize. To enjoy this as a main meal, simply double the recipe—or make it as is for two people—and serve with a salad or a slice of whole-grain bread.

Tips

Purchased balsamic glaze: If you use purchased balsamic glaze, be sure to look for a brand without any thickeners or other additives, such as Nonna Pia's.

Make your own balsamic glaze: In a small saucepan bring ½ cup balsamic vinegar to boiling; reduce heat. Simmer, uncovered, 6 to 8 minutes or until reduced to about 2 tablespoons and mixture has a syrup consistency.

For more inspiration, check out these tasty ideas:

- [Roasted Tomato and Eggplant Soup](#)
- [Mediterranean Pasta Bake with Mushrooms and Eggplant](#)
- [Warm Spiced Eggplant Salad](#)
- [Ratatouille Fusilli](#)

By Ellen Boeke

- 1** Set oven racks at the top and bottom positions in the oven. Preheat broiler. Cut the top off garlic head, exposing the cloves. Loosely wrap in heavy foil. Line a large baking sheet with foil. Prick the eggplant with a fork. Place on the prepared baking sheet.
- 2** Place foil-wrapped garlic on bottom rack in oven. Broil eggplant on top rack 4 to 5 inches from heat 25 to 30 minutes or until very soft and skin is charred, turning once. Remove eggplant from oven. Reduce oven temperature to 425°F. Roast garlic 20 to 25 minutes more or until very tender. Let eggplant and garlic cool until easy to handle.
- 3** Meanwhile, in a 4-quart Dutch oven or heavy large saucepan toast cumin seeds over medium 5 minutes or until fragrant. Stir in onion, carrots, and celery. Add ¼ cup of the broth. Reduce heat to medium-low. Cover and cook 15 minutes or until very tender, stirring occasionally and adding more broth, 1 to 2 tablespoon at a time, as needed to prevent sticking. Add remaining broth, parsley, thyme, cayenne pepper, and 2 cups water. Remove from heat.
- 4** Cut eggplant in half; scoop out flesh and discard skin. Squeeze garlic cloves out of papery skins. Add eggplant pulp and garlic to Dutch oven. Using an immersion blender, blend soup until smooth. (Or transfer to a regular blender; cover and blend until

smooth. Return to Dutch oven.) Stir in vinegar.

- 5 Transfer soup to an airtight container. Cover and refrigerate at least 2 hours or until chilled. Top servings with chopped tomatoes, Balsamic Glaze (if using), and additional chopped parsley.