

Providing compassionate care and hope to people facing cancer

## ***Sheet Pan Tomato Soup with Open-Faced Toasted Cheese Sandwich***

### ***Summer 2025 EW II***

#### ***Ingredients***

*4 pints cherry tomatoes  
1 medium onion, chopped  
6 gloves garlic, peeled  
½ cup olive oil  
½ tsp. pepper  
1 tsp. chopped fresh thyme or ½ tsp. dried  
1 cup plain yogurt ( for dollop at serving)  
4 slices whole wheat bread  
6 slices cheddar cheese*

#### ***Instructions***

- 1. Preheat oven to 400 degrees F.*
- 2. Spread tomatoes, onion, & garlic in an even layer on a rimmed baking sheet. Drizzle with oil & sprinkle with pepper; toss to coat. Roast until the tomatoes burst & onion is very soft, 20-25 minutes.*
- 3. Carefully transfer tomato mixture to a blender. Add thyme & ¼ tsp pepper. Blend, scraping down sides until very smooth. Garnish with dollop of yogurt & thyme.*
- 4. On a baking sheet lined with parchment paper, place 4 slices of bread and top with the cheese. Bake in the 400 degrees F. oven until cheese is melted & bubbly. Serve with the soup.*

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*Nutrition Tips*

- *Soup can provide both hydration and nutrition, if drinking water is difficult for you, soup is a good option.*
- *Tomatoes are a rich source of lycopene, a powerful antioxidant that protects cells from damage caused by free radicals. Tomatoes contain Vitamin C, potassium & beta-carotene which are all healthful nutrients.*