



Eggplant Parmesan Soup

Description

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During the winter months I make a lot of soup dinners for my family. I rarely ever eat soup during the summer unless itâ€™s a cold soup like this [gazpacho](#). This past week the weather was in the single digits and below zero with wind chills. A bowl of steaming hot soup is the perfect meal for cold nights. My friend Anne shared this eggplant parmesan soup with me back in the fall and I thought it was delicious.

I love eggplant parmesan and this eggplant parmesan soup is very similar in taste. If you like eggplant parmesan I think youâ€™ll definitely enjoy this soup. It makes a great meatless dinner option with a salad and bread or a light lunch.

Eggplant Parmesan Soup

Author: JoyfulScribblings.com

Ingredients

- 2 (1 lb) egg plants
- 1 large onion, diced
- 2 ribs celery, chopped
- 3 cloves garlic, minced
- 1 TBSP olive oil
- 1 (15oz) can stewed tomatoes
- 2 C tomato juice
- 4 C vegetable stock or chicken stock
- 1 C white wine
- 2 tsp Italian seasoning
- 1 C grated parmesan cheese
- 1 tsp salt
- 1/2 tsp black pepper
- garlic croutons
- shredded mozzarella

Instructions

1. Preheat oven to 425 degrees.
2. Wash eggplants and pat dry. With a fork prick each one several times. Place on a baking sheet and roast for 35 to 40 minutes or until soft.
3. Remove from oven and allow eggplants to cool slightly.
4. Working over a large bowl, peel skin off eggplants and discard peel. Place the whole eggplant on a cutting board and cut into small pieces. Put in a mixing bowl and set aside.
5. Into a large stockpot, saute onion, celery and garlic in olive oil over medium high heat for 10 minutes stir a lot.
6. Add eggplant, tomatoes, tomato juice, stock, wine, and seasonings. Bring to a boil.
7. Reduce heat and simmer for 35 minutes.
8. To finish soup, stir in parmesan cheese. Simmer for 5 more minutes.
9. Garnish with croutons and mozzarella cheese.

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