



Roasted Tomatoes

Serves: 2-4 Active Time: 15 minutes Total Time: 4 hours

Ingredients:

- Ripe tomatoes, cut into half
- $\frac{1}{4}$ cup stock (or water)
- Herbs and seasoning blend of choice

Directions:

- Preheat oven to 120 degrees Celsius.
- Arrange tomatoes on a parchment-lined baking tray cut side up.
- Spoon a bit of stock over each tomato and then garnish with your favorite spice blend.
- Bake the tomatoes for 2-4 hours. The longer you bake them, the more concentrated their flavor will be. The tomatoes can be served hot, warm or they can be refrigerated and used in other dishes for added flavor.



NOTES:

- The tomatoes can be kept in the refrigerator for a few weeks.
- Tomatoes can also be dehydrated using a dehydrator.