

# “Not Your Momma’s” Grilled Cheese

## Ingredients

---

- » Bread Slices
- » Butter
- » Havarti cheese slices
- » Pesto
- » Red bell peppers, roasted

Start by slicing your red bell peppers in half and cleaning them. Place on a pan, sliced side down, on parchment paper. Roast in the oven at 400° for 15–20 minutes. Remove from the oven and let cool.

When cool to the touch, peel back charred skin—it should lift easily—and slice.

Add a generous amount of room-temperature butter to one side of a slice of bread. On the other side, stack slices of Havarti cheese. Let your cheese overlap and fall over the edges of your bread. Place in your pan butter side down. Turn your stove to about medium heat. While your cheese starts to melt, prep your other piece of bread with a generous amount of pesto on one side and butter on the other. When the cheese has melted a bit add some of your roasted bell pepper slices and your other piece of bread, this time butter side up.

When your bread starts to turn golden brown on the bottom, 3–5 minutes, flip your sandwich to toast the other side for another 3–5 minutes.

Serve solo or with a side of tomato soup!

## ★ Tomato soup (Session 4)

---

- » 1 large yellow onion, medium diced
- » 1 Tbsp. chopped garlic
- » 1/2 cup of olive oil
- » 8 roma tomatoes
- » 1/2 tsp. red pepper flakes
- » 1 bay leaf
- » 2 cups vegetable stock
- » 1 cup of cream
- » Black pepper to taste
- » Fresh basil (optional)

Add one large yellow onion, medium dice, one tablespoon of chopped garlic and a half a cup of olive oil to a pan and simmer for 5–6 minutes. Add eight roma tomatoes, medium dice, a half a teaspoon of red pepper flakes and one bay leaf. Cook on medium temperature stirring for eight to ten minutes. Add two cups of vegetable stock, or water if you don't have it. Simmer on low heat for a half an hour. Finish with stirring in one cup of cream. Bring it to a boil and then turn your heat off. While you let it cool a little bit pull the bay leaf out. Throw everything into the blender and mix on high speed.

Ladle into bowls and top with a drizzle of olive oil, cracked pepper, and some finely chopped basil.

#### ★ Basil Pesto (Session 4)

---

- » 1/2 cup of olive oil
- » 1–2 garlic cloves, about a teaspoon
- » 1/4 cup toasted pine nuts
- » 1 Tbsp. of lemon juice
- » 1/2 tsp. of salt
- » 2 cups basil
- » 1/4 cup parmesan

Add the following ingredients to a food processor or blender: a half a cup of olive oil, garlic, a quarter cup of toasted pine nuts, one tablespoon of lemon juice and a half a teaspoon of salt. Turn that on until well incorporated. You want to make sure all of the garlic is finely minced. Open it up, add your two cups of basil and a quarter cup of Parmesan, and pulse until finally incorporated.