



Recipe for-

Easy Veggie Recipes: Roasted Root Vegetable Soup

Roasted root vegetables are very tender and naturally sweet. Roast the veggies yourself then turn them into a thick Roasted Root Vegetable Soup that will dazzle your family & friends. Everyone will think you have add a create base, but not so! The roasted veggies themselves turn into a thick creamy (minus the cream) soup.

Ingredients:

3-4 carrots
2-3 parsnips
3-4 sweet potatoes or yams
2 tablespoons olive oil
Sprinkle of salt & pepper
1 quart homemade or purchased low-sodium chicken or vegetable stock

Preparation steps:

Preheat oven to 400 degrees.

Peel carrots, parsnips & sweet potatoes. Cut off the stem and root end & discard.

Cut veggies into 1-inch pieces. Place on baking sheet. Drizzle with olive oil, and sprinkle with salt & pepper. Toss gently to coat evenly.

Bake in oven for 45 minutes. The cooked veggies will be very tender and slightly brown.

Place veggies in a stockpot, add 1 quart low-sodium chicken or vegetable stock. Bring to a boil, then simmer 20 minutes over low heat.

Use an immersion blender to blend until the soup is a smooth and creamy consistency. Adjust seasonings if necessary.

Serve Roasted Root vegetable Soup with a dark green leafy salad, and whole grain bread for a hearty cool weather meal.