



CREAMY ROASTED CARROT SOUP

SERVINGS: 10-12

INGREDIENTS

- 3 pounds carrots, peeled & cut into 3-inch lengths
- 3 tbsp. olive oil
- 3 tbsp. unsalted butter or olive oil
- 2 onions, cut to medium dice
- 4 medium ribs of celery, cut to medium dice
- 2 small potatoes, peeled & cubed
- 2-4 tbsp. minced fresh ginger
- 12 cups low sodium chicken stock
- 1 tbsp. kosher salt
- 2 tbsp. maple syrup
- ¼ tsp. white pepper
- 1 cup milk

DIRECTIONS

1. Preheat oven to 375°F. Cover a sheet pan with parchment paper or aluminum foil.
2. Spread the carrots out in a single layer. Drizzle with olive oil and toss to coat. Season lightly with salt & pepper.
3. Roast, stirring once halfway through, until they're tender, blistered and lightly browned (about 1 hour)
4. Melt the butter or additional olive oil in a large saucepan set over medium heat. Add the onion and cook until it is translucent and fragrant, 2-3 minutes.
5. Add celery, diced potatoes and ginger and cook 4-5 minutes longer. Add the roasted carrots, chicken broth, salt, pepper and maple syrup.
6. Bring to a boil, reduce the heat to medium low. Cover and simmer for 45 minutes or until the carrots are very tender.
7. Puree the soup with an immersion hand blender.
8. Taste & check for seasoning. Stir in milk if desired.

NOTES

Roasting the vegetables in the oven first gives the soup a richer flavour. This recipe makes a lot and can be easily halved. To make a vegetarian version, substitute vegetable stock for the chicken stock. Silken tofu can be stirred in instead of milk