

Roasted Carrot-Ginger Soup

Vegan and Gluten-Free Roasted Carrot-Ginger Soup

Serves 4

- 1 pound package of Organic baby peeled carrots.
- 4 cloves garlic
- 1 carton (32 oz.) vegetable stock
- 1 sweet potato, peeled and cut into small pieces
- 2 to 3 tablespoons fresh ginger, grated
- 3 or more tablespoons olive oil
- Salt to taste – or not.



Preheat the oven (or toaster oven) to 425°. Make a small cut in the corner of the bag for the carrots - - drain as much of any water as possible. Pour at least 2 tablespoons of EVO into the package and mix it around as best you can to evenly coat the carrots. Plop the pre-oiled carrots onto baking sheet. Spread mixture evenly in a single layer on sheet pan. Drizzle any extra EVO, as required, onto the spread out carrots. Roast in the oven until carrots start to brown ~23 minutes. In a separate pot start by adding the vegetable stock, grated ginger and cubed sweet potato – cook for 25 minutes total on medium heat. About 10 minutes into cooking the carrots (with 13 minutes remaining), add the garlic cloves - - slightly smashed up with an EVO coating - - put back into the oven (or toaster oven). You are done with the oven when the carrots and garlic are slightly browned. Add them to the pot with the vegetable stock, grated ginger and sweet potato to cook there for the last 5 minutes until sweet potatoes are really soft. When done remove from heat and let it stand for 20 minutes. Use a hand blender to purée soup in the pot (or blend in a food processor/blender). Only add salt (as desired - to taste) and serve warm.

Optional: garnish with a dollop of Greek yogurt and some minced parsley and/or chives.