

Roasted Carrot Soup

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 4

Preparation Time: 30 minutes

Roast Time: 15 minutes

8 medium carrots, peeled and cut into 1-inch pieces

2 medium parsnips

1 cup (1 large) onion, coarsely chopped

1 tablespoon olive oil

2 cans (14.5 oz) chicken broth

1 teaspoon smoked paprika

1 teaspoon lemon juice

salt and ground black pepper (to taste)

microgreens (optional)

Preheat the oven to 425 degrees.

Toss the carrots, parsnips and onions with oil to coat.

Spread the vegetables in a single layer in a shallow baking pan.

Roast for 20 minutes or until tender.

In a large saucepan, combine the roasted vegetables, broth and paprika. Bring to a boil. Cool slightly.

Transfer half the vegetable liquid at a time to a blender or food processor. Blend or process until smooth.

Return the mixture to the saucepan. Add the lemon juice. Heat through.

Season with salt and pepper.

Top each serving with greens, if desired.

Yield: 6 cups

Per Serving (excluding unknown items): 207 Calories; 5g Fat (19.5% calories from fat); 6g Protein; 38g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 444mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Fat.