

Roasted Vegetable Soup

This soup is great with just about any vegetables you have on hand and is a great second act with any leftover roasted vegetables from last night's dinner!



2 tablespoons olive oil

3 parsnips, halved

3 carrots, halved

2 stalks celery, diced

1 small onion, cut into wedges

1 small butternut squash, halved and seeded

1 small head cabbage cut in wedges

1 red bell pepper halved and seeded

1 Yukon gold potato, scrubbed and wedged

cloves from 1 head of garlic

½ teaspoon dried thyme

1 teaspoon salt

½ teaspoon black pepper

6 cups chicken or vegetable stock

3 cups kale (or spinach), roughly chopped

- Spray two nonstick baking pans with nonstick cooking spray. Add vegetables in a single layer. Drizzle with the olive oil, sprinkle with the thyme, salt and pepper
- Roast for about 45 minutes in a 400-degree oven until the vegetables begin to caramelize.
- Scrape the squash flesh out of the skins and discard the skins. Place the squash and roasted vegetables in a large stockpot and cover with the stock. You can add more stock or water if needed to cover the vegetables.
- Simmer for 10 minutes, then using an immersion blender puree the soup (or puree in batches in a blender).
- Stir in the chopped kale and simmer for about 15 – 20 minutes or until kale is tender. (if using spinach, you only need to cook for about 5 minutes)

NOTE: If you prefer, rather than pureeing the soup, simply cut the vegetables into bite-sized pieces before roasting (you may need to reduce the roasting time). Skip the pureeing step and simply add the roast vegetables to the broth, simmer, add the kale and cook as directed. This will lead to a less thick and more brothy soup, but equally delicious.