

Roasted Root Vegetable Soup



MEDAVIE



Roasted Root Vegetable Soup

Recipe makes: 7 servings (1 cup per serving)

Preparation time: 20 minutes

Cook time: 1 hour and 15 minutes

Equipment: One 45*33 cm (18*13 inch) baking tray, parchment paper, one cutting board, one vegetable peeler, one sharp knife, one set of measuring spoons, one set of measuring cups, one large mixing bowl, one spatula, one large stock pot, one soup ladle, one stand blender or immersion blender, one stovetop or hotplate, an oven, one pair of oven mitts

What you need to make this recipe: How to make Roasted Root Vegetable Soup:

- 2 medium parsnips
 - 2 medium carrots
 - 1 small rutabaga
 - 1 medium sweet potato
 - 1 large onion
 - 2 clove garlic
 - 1 teaspoon olive oil
 - 1 teaspoon ground black pepper
 - 1 ½ teaspoon dried thyme
 - 1 teaspoon dried rosemary
 - 4 cups (946 mL) low-sodium vegetable broth
1. Preheat the oven to 205°C (400°F).
 2. Line a 45*33 cm (18*13 inch) baking tray with parchment paper.
 3. Wash the parsnips, carrots, rutabaga, and sweet potato.
 4. Using a vegetable peeler, peel the parsnips, carrots, rutabaga, and sweet potato.
 5. Peel the onion and garlic.
 6. Using a sharp knife, chop the vegetables.
 7. Put the chopped vegetables, oil, pepper, thyme, and rosemary into a large mixing bowl. Using a spoon, mix until the vegetables are evenly covered in the oil and seasoning.
 8. Put the vegetables on the lined baking and spread out evenly. Bake in the preheated oven for 30 minutes or until golden in colour.
 9. Using a spatula, transfer the cooked vegetables into a large stock pot.
 10. Add the broth to the pot.
 11. Put the pot, uncovered, on a stove or hotplate. Turn the heat on to high and bring the vegetables and broth to a boil.
 12. Turn the heat to medium-low and put the lid on the pot. Cook for 40 to 50 minutes or until the vegetables are tender.
 13. Take the pot off the heat and remove the lid. Cool for 10 minutes.

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14. Blend the soup using a stand blender or immersion blender. If the soup is too thick, add water or more broth to the soup when blending.

Stand blender: Using a soup ladle, transfer 1/3 of the vegetables and broth to a stand blender. Put the cover on the blender and blend until smooth. Pour the blended soup into a large mixing bowl. Repeat until all the soup is blended. When all the soup is blended, pour the soup back into the pot.

Immersion blender: Using an immersion blender, blend the soup in the pot until smooth. When blending, keep the blades of the blender in the soup and gently move the blender around the pot.

15. Put the pot, uncovered, on the stove or hotplate and turn the heat to medium-low. Heat until warm, then serve.

Nutrition Facts	
Per 1 serving (1 cup)	
Calories	80
% Daily Value*	
Fat 1 g	1 %
Saturated 0.4 g	
+ Trans 0 g	2 %
Carbohydrate 17 g	
Fibre 4 g	14 %
Sugars 7 g	7 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 115 mg	5 %
Potassium 350 mg	7 %
Calcium 50 mg	4 %
Iron 1 mg	6 %
Vitamin A 200 µg	22 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

May contain wheat, gluten, and soy.

About this recipe:

Parsnips, carrots, rutabaga, and sweet potato are all root vegetables. Root vegetables grow under the ground and are harvested in the fall. Many are grown here in Nova Scotia and can be found in grocery stores year-round.

Carrots and sweet potatoes are high in vitamin A. Getting enough vitamin A in your diet can help keep your eyes healthy.

Substitutions:

To make this recipe wheat and gluten free, use certified gluten-free vegetable broth.

To make this recipe soy-free, use a soy-free vegetable broth.

Storage information:

Store the Roasted Root Vegetable Soup in an airtight container in the fridge for 4 to 5 days or in the freezer for 1 to 2 weeks.