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Oven Roasted Vegetable Soup

1 of 2



By Wai Lana, published in "Fit Yoga" magazine, Feb 2008

A hit at our Good For you Day lunches. This is a sumptuous, slow-cooking soup that's perfect for winter. Roasting the vegetables first deepens and draws out the delicious flavors of parsnip, fennel and garlic.

INGREDIENTS

4 cups cubed potato*	4 cups cauliflower florets*	3 cups chopped fennel bulb
2 cups chopped parsnip*	1 cup chopped onion	2 cups chopped red bell pepper
1-½ cups celery plus leaves, chopped*		5 large cloves garlic, sliced
¼ cup olive oil	1 Tbsp dried tarragon	1 tsp salt (or to taste)
2 tsp paprika	2 tsp ground cumin	2 tsp dried oregano
3 Tbsp balsamic vinegar	5-6 cups water	fresh-ground black pepper to taste
¼ cup Bragg liquid aminos or tamari		feta or goat cheese for garnish (optional)

DIRECTIONS

1. Heat oven to 375°F.
2. Place all ingredients except water and Bragg/tamari in a large (16" x 11") roasting pan. Toss until the vegetables are well-coated with seasonings.

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2 of 2



DIRECTIONS

3. Roast the vegetables for 1 hour and 15 minutes, turning them once, until they are tender and caramelized.
4. Place ¼ of the roasted vegetables in a blender with enough water to reach the 5 cup mark, and then blend until smooth.
5. Pour the pureed vegetables into a 4-quart pot. Add the remaining roasted vegetables, water, and Bragg/tamari.
6. Bring to a boil, adding more water if necessary to keep the vegetables covered.
7. Remove from the heat.

Serve hot with a garnish of fresh aromatic fennel greens, crumbled feta, or soft goat's cheese.

*Optional substitutions:

- Use yams instead of potatoes; broccoli instead of cauliflower; carrots instead of parsnips; celeriac instead of celery.
- Instead of tarragon, use thyme, rosemary, or Italian seasoning.

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