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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. |
| Oven Roasted Vegetable Soup 2 of 2DIRECTIONS  1. Roast the vegetables for 1 hour and 15 minutes, turning them once, until they are tender and caramelized. 2. Place ¼ of the roasted vegetables in a blender with enough water to reach the 5 cup mark, and then blend until smooth. 3. Pour the pureed vegetables into a 4-quart pot. Add the remaining roasted vegetables, water, and Bragg/tamari. 4. Bring to a boil, adding more water if necessary to keep the vegetables covered. 5. 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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