

ROASTED CARROT & SWEET POTATO SOUP

INGREDIENTS

- 4 Sweet potatoes
- 1 Avocado (large)
- 4 Carrots (top & bottom cut off) (cut each carrot in 1/2 widthwise & then cut each half 1/2 lengthwise)
- 4 Parsnips (top & bottom cut off) (cut each parsnip in 1/2 widthwise & then cut each half 1/2 lengthwise)
- 4 Beets (yellow) (sliced into small 1/2 rounds)
- 1/8 t Cumin (or less if you don't want it too spicy)
- 2 t Agave **OR** Honey
- 6 - 8 C Imagine vegetable broth (low sodium)
- 4 cloves Garlic (minced)
- 4 T Extra virgin olive oil (divided)
- Salt & pepper (to taste)
- Thyme (to taste)



DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Place sweet potatoes in oven & bake until tender when pierced with a fork **OR** 30 minutes
- 3 Remove from the oven to cool & increase the oven temperature to 450 F
- 4 Place carrots & parsnips on a cookie sheet & toss with 1 Tbsp of olive oil
- 5 Place the beets on another cookie sheet & toss with 1 T of olive oil 1/2 for the beets & then wrap the beets in foil
- 6 Place the 2 sheets in the oven & roast until tender (20 minutes)
- 7 If there's extra beets, carrots or parsnip left you can roast them in the same way you did the others
- 8 Scoop out the sweet potato from the skin & place in food processor
- 9 Add the roasted beets, carrots & parsnip to the food processor & pulse
- 10 Add 1 C of the vegetable broth & continue processing until smooth
- 11 Add the avocado & continue adding vegetable broth until the mix is nice & smooth
- 12 Heat 1 T olive oil in a 5 qt pot on medium-high heat & add the garlic
- 13 When the garlic is brown, add the mix from the processor plus the agave & spices
- 14 Add the additional vegetable broth to thin the mix but not more than a total of 8 cups which includes whatever you already poured into the processor
- 15 Continue stirring as you heat.
- 16 Serve hot

