

Roasted Carrot Ginger Soup



Servings: 8

1 pound carrots, peeled and chopped
1 onion, cut in half
1 head garlic, with the top cut off
2 tablespoons olive oil
1/2 teaspoon salt
1 pinch black pepper
1/4 teaspoon ground cumin
5 cups vegetable stock
1 thumb sized piece fresh ginger
1 bay leaf
fresh chives, sliced

To a baking tray lined with parchment paper add carrots, onion, and garlic. Drizzle with olive oil and sprinkle with salt, pepper, and cumin. Mix until coated. Wrap the garlic in foil.

Roast in a 375°F oven for 35 minutes or until tender.

To a large sauce pot add vegetable stock and bring to a simmer. Add carrots, onion, garlic squeezed out of its skin, ginger, and bay leaf. Simmer for 15 minutes.

Remove the bay leaf.

Using an immersion blender blend the soup until smooth.

Ladle soup into bowls and garnish with fresh chives.

Serve

Per Serving (excluding unknown items): 67 Calories; 4g Fat (46.9% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 593mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 28mg Calcium; trace Iron; 232mg Potassium; 29mg Phosphorus.
Exchanges: .