



# ROASTED VEGGIE SOUP

*This hearty, protein-packed soup brings all the cozy flavors of fall together in one bowl. It's a simple way to clear out your veggie drawer while getting 11 grams of protein per cup – or about 22 grams in a full bowl! Pair it with a slice of sourdough for a satisfying E meal, or drizzle a bit of olive oil on top for a silky S-friendly twist.*



PREP TIME  
10 MIN



COOK TIME  
70 MIN



SERVINGS  
& (MAKES 8  
CUPS ~ 2 CUPS  
PER SERVING)

## Instructions

1. Preheat the oven to 375°F and grease a cookie sheet.
2. Lay out all the veggies (coarsely chopped) in a single layer and spritz with oil.
3. Roast veggies until tender; if they have some caramelization on top, even better! I find this takes between 45 minutes and 1 hour, watch them and make sure they don't burn.
4. Add to the blender along with the cottage cheese and bone broth.
5. Blend until smooth (if you don't have a blender, an immersion blender in a large pot works too!).
6. If it's too thick, add water to get to the desired consistency.
7. Season to taste, I usually use 1 tsp. salt.

### Notes:

- This is a Trim Healthy Fuel Pull as written. Add sprouted toast for a delicious E or top with a drizzle of oil for an S.
- Great for weekend meal prep to use any veggies that are about to go bad.

## Ingredients

- A Variety of Veggies (enough to fill a sheet pan) fresh or frozen – all roughly chopped:
  - Onion
  - Garlic (whole bulb)
  - Zucchini
  - Squash
  - Summer Squash
  - Tomato
  - Cabbage
  - Etc.
- 4 c. Bone Broth
- 2 c. Low Fat Cottage Cheese
- Water (to desired consistency)
- Salt + Pepper