

## Roasted Winter Vegetables & Roasted Winter Vegetable Soup



### Roasted Vegetables:

- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash, peeled
- 3 Tbsp olive oil
- 1 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 2 Tbsp chopped flat leaf parsley

Preheat oven to 425°

Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4 inch pieces. The vegetables will shrink while baking so don't cut them too small. Feel free to substitute and or add any of your favorite vegetables.

Place all the cut vegetables in a single layer on 2 baking sheets, keeping them slightly separated. Drizzle them with olive oil, salt and pepper. Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.

Sprinkle with parsley, season to taste, and serve hot.

### Soup Ingredients:

- Olive Oil
- Yellow Onion
- Herbs: thyme, rosemary, bay leaves
- Salt and Pepper
- Vegetable stock (low sodium)
- Apple Juice (optional)

Heat a large pot over medium heat and add in 1 tsp olive oil, yellow onion, garlic, thyme, rosemary, bay leaves, and salt & pepper to taste. Cook for about 5 min. Next, add the roasted root vegetables and stir. Then, add vegetable stock (prefer low sodium). Bring to a boil, reduce to a simmer for 10 min.

Turn of the heat and let soup cool. Then, using an immersion blender blend the soup to desired consistency. You can blend the cooled soup in batches in a blender. Add the soup back to the pot and heat when ready to serve. (If you prefer a little sweetness, may add about 1/4 cup apple juice)

## Now what do I do with my leftover roasted or grilled vegetables?

### Add to:

Any salad

Brown rice, quinoa, wheat bulgur, or any grain

Lentils or whole wheat pasta

Corn tortillas/beans/tofu

Eggs/Frittata/Omelet

Sauces

Soup/stew

Pizza

Dips

Other ideas?

### Grilled or roasted fruit is also a great addition to:

Pancakes/Waffles/Muffins

Yogurt

Cereal/Oatmeal

Cottage Cheese

Salads

Make into fruit spread (jam)

Pizza

Dips