

Treasure Barrel

Easy Roasted Garlic Soup: Cozy Comfort Recipe

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Roasted Garlic

- [ ] 3 whole heads of garlic
- [ ] 2 tablespoons olive oil
- [ ] Pinch of salt and freshly ground black pepper

For the Soup

- [ ] 1 tablespoon olive oil or butter
- [ ] 1 large yellow onion, chopped
- [ ] 2 medium Yukon Gold potatoes (about 1 lb), peeled and cubed
- [ ] 6 cups low-sodium vegetable broth
- [ ] 1 sprig of fresh thyme (or 1/2 teaspoon dried)
- [ ] 1/2 cup heavy cream or full-fat coconut milk (optional)
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh chives or parsley for garnish

Instructions

1. First, let's get that garlic roasting. Preheat your oven to 400°F (200°C). Take your three heads of garlic and slice just the top 1/4 inch off, exposing the tops of the cloves. There's no need to peel them! Place them on a sheet of aluminum foil, drizzle them lovingly with the olive oil, and sprinkle with a little salt and pepper. Wrap the foil around the garlic to create a sealed packet. Place it in the oven and roast for about 35-40 minutes, until the cloves are soft, golden, and fragrant. Your kitchen will start to smell absolutely heavenly.

2. While the garlic is working its magic, let's build the soup base. In a large Dutch oven or heavy-bottomed pot, warm the remaining tablespoon of olive oil or butter over medium heat. Add the chopped yellow onion and a pinch of salt. Cook gently, stirring occasionally, for about 5-7 minutes, until the onion is soft and translucent. We're not looking for color here, just for the onion to release its sweetness. This gentle start builds a beautiful layer of flavor for our soup.

3. Now, add the cubed potatoes to the pot with the softened onions. Give them a good stir for a minute or so. Once the roasted garlic is done and cool enough to handle, simply squeeze the soft, caramelized cloves out of their skins and into the pot. Ugh, this part is so satisfying. Pour in the vegetable broth, add the sprig of fresh thyme, and bring the mixture to a gentle boil. Then, reduce the heat to low, cover the pot, and let it simmer for about 15-20 minutes, or until the potatoes are completely tender and can be easily pierced with a fork.

4 Once the potatoes are tender, it's time to create that silky texture. Remove the thyme sprig. Using an immersion blender, carefully puree the soup directly in the pot until it's completely smooth and velvety. If using a standard blender, work in batches. Return the blended soup to the pot. Stir in the heavy cream or coconut milk if you're using it, for that extra touch of luxury. Let it warm through for another minute, but don't let it boil. Taste and season generously with salt and pepper. Ladle into bowls and garnish with fresh chives or parsley.

Nutrition per serving

280 kcal	6 g	32 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- The creaminess in this soup largely comes from the starch in the Yukon Gold potatoes. If you prefer a lighter soup, you can absolutely skip the optional heavy cream at the end. It will still be wonderfully smooth and flavorful on its own.
- For an extra layer of savory depth, feel free to add a bay leaf to the pot along with the thyme sprig while the soup simmers. Just remember to remove it before you blend everything together!
- Making your own croutons to top this soup is a lovely touch. Just toss some cubes of day-old bread with olive oil, salt, and maybe a little dried herbs, and bake at 375°F (190°C) until golden and crunchy. They add the perfect textural contrast.