

Treasure Barrel

Irresistible Roasted Veggie Soup

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 carrots, peeled and cut into chunks
- [ ] 2 parsnips, peeled and cut into chunks
- [ ] 2 medium beets, peeled and cubed
- [ ] 1 large onion, quartered
- [ ] 4 cloves garlic, unpeeled
- [ ] 3 tbsp olive oil
- [ ] 4 cups vegetable broth
- [ ] 1/2 cup half-and-half (or coconut cream)
- [ ] Juice of 1 lemon
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh thyme leaves for garnish

Instructions

1. Preheat oven to 425°F (220°C). Toss carrots, parsnips, beets, onion, and garlic with olive oil, salt, pepper, and thyme; spread on a baking sheet.
2. Roast for 30-35 minutes, turning once, until vegetables are caramelized and tender.
3. Transfer roasted vegetables (including softened garlic) to a large pot; add vegetable broth and bring to a gentle simmer.
4. Using an immersion blender, puree the soup to a smooth yet slightly textured consistency.
5. Stir in half-and-half, lemon juice, and adjust seasoning; heat through without boiling, then serve garnished with thyme and a drizzle of olive oil.

Nutrition per serving

210 kcal	5 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For deeper flavor, roast the vegetables on a preheated cast-iron pan.
- If you prefer a completely smooth soup, blend longer or pass through a fine sieve.
- Add a pinch of smoked paprika for a subtle smoky note.