



## **Golden Roasted Carrot Soup**

*It has a creamy texture without any cream*

### **Roasting Carrots**

12 ounces fresh carrots, peeled, sliced  
1 Tablespoon liquid coconut oil  
Salt; ground black pepper to taste

### **Soup Base**

1 Tablespoon liquid coconut oil  
1 onion, peeled, chopped  
1 celery stalk, chopped  
1 garlic clove, minced  
2 medium sized golden potatoes, peeled, cut into chunks  
5 to 6 cups vegetable or bone broth  
1 teaspoon (each) thyme; dried basil  
1/2 teaspoon salt; 1/4 teaspoon ground black pepper or as desired

Garnish: Grated Pepper Jack cheese as desired

**Before Starting:** Preheat oven to 400 degrees F. Line shallow baking pan with aluminum foil.

**Roast Carrots:** In a medium sized bowl, toss carrots slices with oil; sprinkle with salt and black pepper as desired. Place on aluminum foil lined shallow pan; bake in 400 degree F oven for 20 to 30 minutes, turning once during roasting. Remove from oven; wrap up in foil; let cool 10 minutes.

**Prepare Carrot Soup:** Place oil in large hot soup pot; add onion and celery; sauté to soften; add garlic; cook 1 to 2 minutes. Stir in roasted carrots and drippings. Add 5 cups broth and potato chunks, thyme, basil, salt, and black pepper. Bring to a boil; reduce heat to medium/low; cover; cook until potatoes are softened, about 25 minutes. Puree soup with a hand blender until smooth. Add additional broth as needed. Simmer about 10 minutes to combine flavors.

**To Serve:** Ladle soup into small bowls; sprinkled with grated pepper cheese. Yield: 6 cups Serves: 4 to 6

**About the Recipe:** Roasting the carrots gives the soup a sweet flavor. Golden potatoes enhance the gold color and smooth texture. The bright taste brings you a fresh-from-the-garden feeling. Top off the soup with some grated pepper cheese.