

# RV GODDESS: Roasted Carrot Soup with Ginger

Roasting the vegetables gives the soup an intense flavor, and any charred bits add pretty color. Low-fat, low-calorie and vegan, this soup is satisfying.

1 pound carrots, peeled  
½ yellow onion, cut into one-inch chunks  
2 cloves garlic, peeled, left whole  
1 medium Yukon Gold or white potato, unpeeled, cut into eight pieces  
Extra virgin olive oil, to drizzle  
½ teaspoon Kosher Salt & ½ teaspoon Black Pepper, or to taste  
1 teaspoon freshly grated ginger  
2 cups low-sodium vegetable broth

Heat oven to 400°. Line a baking sheet with parchment paper. Place the peeled whole carrots, onion, garlic and potato on the baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Using your fingers, toss the vegetables so they are evenly coated with the oil. Roast for 40-45 minutes, turning once, or until carrots and potatoes are tender and a few edges are a bit charred. Remove from oven and let cool for a few minutes.

Place the roasted vegetables and the grated ginger in the bowl of a food processor and add about one-half cup of the vegetable broth. Puree until fairly smooth, about thirty-seconds, then pour in the remaining vegetable stock and puree for a few additional seconds. (Thin with additional water or stock, if desired.) Pour soup into a small saucepan. (Soup can be refrigerated up to two days at this point.) Heat to serve. Serves two as a meal; 4 as an appetizer course.

Suggested garnishes: chopped herbs, pumpkin seeds, drizzled olive oil or freshly cracked black pepper.

NOTE: The soup is quite thick, so thin with additional water or stock, if desired.