

5 A Day Recipes

Soups and Stews

Western Roasted Carrot Soup

Serves 8

- 2 pounds carrots
- 2 teaspoons olive oil
- 6 cups fat free milk
- 2 cups fat free, sodium free chicken broth
- 5 cloves garlic, unpeeled
- 2 tablespoons chopped fresh herbs, such as basil, thyme, sage, oregano
- Salt to taste
- Optional: pepper to taste, more chopped fresh herbs for garnish

Preheat oven to 400° F. Slice carrots into 1 inch chunks and put them in a medium sized glass or metal roasting pan. Toss them with olive oil, cover, and roast in oven for 45 minutes. Uncover and roast for 30 minutes more, until soft and caramelized. Meanwhile, wrap garlic cloves in foil and roast in the same oven for 20 minutes, until soft. Let cool, and then peel.

Remove carrots from oven, and add carrots, garlic, milk, and chicken broth to blender, working in batches since the blender will not be large enough for all ingredients at the same time. Once done, reheat the puree in a large pot, adding herbs and stirring well. Add salt & pepper, and garnish with more fresh herbs.

This is an official 5 A Day recipe, and provides 8 people with one serving of vegetable each.