



Vegan Carrot & Sweet Potato Soup (8 servings)

Ingredients

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| 1 medium red/yellow onion diced | 14 oz can unsweetened coconut milk |
| 2 medium oranges - slice off top and bottom | 1½ tsp fresh thyme (or 1/2 tsp dried) |
| 2 medium apples - cut in 2 inch pieces | 1/4 tsp ground cinnamon |
| 1/2 cup each of red/yellow/orange peppers, chopped | 1/2 tsp pink himalayan sea salt |
| 5 cups carrots, chopped (<i>approx. 10 medium carrots</i>) | 1/4 tsp black pepper |
| 2 medium sweet potatoes peeled and diced
(<i>approx. 4 cups</i>) | 1/4 cup of olive oil |
| 4 cups low-sodium vegetable broth + set aside 3-4 tbsp | 4 garlic cloves minced |
| | 2 tbsp pinenuts for garnish (<i>optional</i>) |

Preparation

- Preheat the oven to 475 degrees F.
- Toss vegetables with olive oil
- Divide the vegetables between two baking sheets and arrange them in a single layer.
- Sprinkle seasonings over vegetables and fruit.
- Roast the vegetables and fruit until they start to deepen in color and are slightly tender, about 10 minutes.
- Split the vegetables and fruit (peel the oranges) into 2 batches
- Place 1 batch of vegetables and fruit in blender
- Add two cups of vegetable broth and half a can of coconut milk
- Blend until smooth in texture. Stir, taste and adjust the seasoning as needed.
- Serve in a bowl, garnish with pine nuts.

