

Teri Fisher's Leftover Vegetable Soup Recipe

Serves: 4

Ingredients

- 2 pounds vegetables (like carrots, potatoes, parsnips – anything really!) peeled and roughly chopped
- 3 tablespoons extra virgin olive oil, divided, plus more for garnish
- 3 shallots, chopped (or 1/2 yellow onion, chopped)
- 3 garlic cloves, minced
- 2 tablespoons minced thyme, plus more for garnish
- 2 teaspoons cumin
- 5 cups vegetable or chicken stock, plus a little extra as needed
- 2 tablespoons unsalted butter
- salt and pepper to taste
- Optional – a splash of cream

Directions

1. Preheat oven to 375°F.
2. Spread carrots (or root vegetable of choice) onto a baking sheet and toss in 2 tablespoons oil. Season with salt and pepper and spread into a single layer.
3. Roast carrots for 25-35 minutes or until fork tender, tossing around 15 minutes into the roasting process. Remove from oven.
4. Place Dutch oven onto stove over medium heat. Add remaining oil to pot.
5. Add shallots (or onions) and garlic to pot and sauté for 3 to 4 minutes.
6. Add thyme and cumin and continue to sauté for 3 to 4 minutes.
7. Add carrots and stock to pot, simmer for 15 minutes.
8. Allow mixture to slightly cool.
9. Carefully pour mixture into a blender (this can be done in batches), add butter, salt and pepper and puree until smooth.
10. Add more stock if mixture is too thick and continue to puree until smooth.
11. Pour mixture back into the pot and adjust seasonings. Simmer for about 5 minutes.
12. Ladle into bowls and drizzle with extra virgin olive oil and fresh thyme leaves. Serve.

