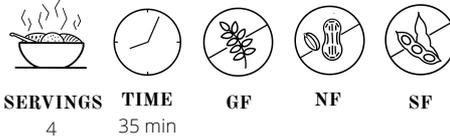




**ROASTED VEGETABLE
HARVEST SOUP**

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INGREDIENTS

2 tsp olive oil
 1 red onion, cut into wedges
 ½ butternut squash, peeled and cut into 2 cm (1 inch) chunks, seeds reserved
 2 bell peppers, de-seeded and cut into quarters
 1 jalapeño, de-seeded and cut in half
 2 carrots, peeled and cut into 1 inch (2 cm) pieces
 6 cloves of garlic, peeled
 ½ tsp of each: ground cumin, paprika powder, salt, ground pepper,

 3 cups (750 mL) vegetable stock*
 ¾ cup (200 mL) coconut milk

Roasted Squash Seeds

Squash seeds
 1 tsp (5 mL) olive oil
 ¼ tsp of each: ground cumin, paprika powder, garlic powder, onion powder, salt, fresh ground pepper

DIRECTIONS

1. Toss all the vegetables with the olive oil and spices. Spread onto a parchment paper lined baking sheet and cook at 350°F (180°C) for 30 minutes, or until the squash and carrots are fork tender. Toss the vegetables once or twice while they are baking.
2. While the vegetable are roasting, clean off the butternut squash seeds, toss with oil and spices and bake on another parchment lined baking sheet in the oven for 15 minutes, until slightly golden and crunchy, toss once while they are cooking. Remove from the oven and allow to cool.
3. After the veggies have roasted, add them straight to a large pot on high heat along with the vegetable stock and coconut milk, and blend using an immersion blender (alternatively this can be done in a regular blender, then transferred back to the pot). Reheat, serve with coconut cream and the roasted squash seeds, and enjoy!

NOTES

- *Can substitute with 1.5 vegetable bouillon cubes plus 3 cups (750 mL) water.
- **Storage:** store leftovers in an airtight container in the fridge for up to 3 days.
- **Variations:** roast other vegetables like sweet potatoes, tomatoes, cauliflower or leeks.

