

Roasted Carrot and White Bean Soup

Swick

Makes 4 bowls | Active Time: 1 hour | Total Time: 1 hour

Chef's Notes

Nutrition: Calories 426; Fat 13g; Carbs 67g; Fiber 23g; Sugar 18g; Protein 16g; Cholesterol 0mg; Sodium 887mg; Vitamin A 46529IU; Vitamin C 22mg; Calcium 269mg; Iron 7mg

Step 1: The Method

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| <ul style="list-style-type: none">• 18 Carrot, medium, peeled and chopped• 1 tbsp Extra Virgin Olive Oil, divided (15 mL)• Yellow Onion, medium, diced• 3 stalks Celery, chopped• 4 Garlic, cloves, minced• 4 cups Organic Vegetable Broth (1 liter)• 2 1/2 cups White Navy Beans, cooked, drained and rinsed (500 grams)• 1 tsp Turmeric (~5 grams)• 1/4 cup Tahini (60 mL)• 1/2 Lemon, juiced | <ol style="list-style-type: none">1. Preheat your oven to 375F (191C) and line a baking sheet with parchment paper.2. In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.3. In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.4. Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.5. Divide between bowls and enjoy! |
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