



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Roasted Root Vegetable Soup

Ingredients:

Cooking spray
1 small butternut squash (about 1 pound),
peeled, seeded and cut into 1 inch chunks
2 small turnips, peeled and cut into 1 inch
chunks
2 parsnips, peeled and cut into 1 inch
chunks
2 carrots, peeled and cut into 1 inch chunks
1 large onion, peeled and diced
3 celery stalks, diced
½ small head green cabbage, chopped
4 cloves garlic, chopped
1 tablespoon olive oil
1 tablespoon dried Herbs de Provence
2 quarts low-sodium Vegetable Broth
1 tablespoon Sherry vinegar
1 teaspoon salt (optional)
½ teaspoon ground black pepper

Directions:

1. Preheat an oven to 400 degrees F. Coat a large baking sheet (or two medium sized) with cooking spray. Set aside.
2. In a large bowl, toss all of the vegetables through garlic with the olive oil and Herbs de Provence. Pour onto prepared baking sheet(s) and roast for 45 minutes or until cooked through and starting to brown.
3. After vegetables are done roasting, pour them into a large soup pot. Mix with the Vegetable Broth and bring to a boil. Reduce to a simmer for 10 minutes.
4. Puree the soup with an immersion blender or in batches in an upright blender.
5. Season the soup with Sherry vinegar, salt (optional) and pepper.

Serves 8

Nutrition: 85 calories, 2 g fat, 16 g carbohydrate, 5 g fiber, 2 g protein, 115 mg sodium

Source: American Diabetes Association

healthy
IU
healthy.iu.edu
healthyu@indiana.edu