

Recipe

Roasted Root Vegetable Soup

By

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Ingredients

- 1 small butternut squash, peeled, deseeded and cubed
- 2 carrots, peeled and cut in chunks
- 1 large parsnip, peeled and cubed
- 1 turnip, peeled and cubed
- 1 big potato, peeled and cubed
- 1 stalk celery, cut in chunks
- 1 Tbsp olive oil
- 3 bay leaves
- ½ Tsp yellow asafetida powder
- 5 C water/vegetable stock
- 1½ Tsp salt
- ½ Tsp black pepper

Preparation

1. Preheat the oven to 200 C/400 F. In a bowl, toss the vegetable with olive oil. Transfer to a baking dish in a single layer.
2. Tuck the bay leaves and sprinkle the asafetida over the vegetables. Roast for 30-40 minutes; turn occasionally if needed until the vegetables are tender and brownish.
3. Remove from oven, discard the bay leaves and transfer the vegetables to a saucepan.
4. Add water, salt and black pepper. Simmer for 5 minutes. Transfer the soup to a blender and process until smooth.
5. Return the soup to the pan to heat through. Serve hot.

Serves

5-6

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Hare Rama Hare Rama Rama Rama Hare Hare