



Roasted Winter Vegetable Soup

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

Ingredients

2 medium sweet potatoes,
peeled and cubed
2 large carrots, peeled and
sliced
1 medium butternut squash,
peeled and cubed
1 medium yellow onion,
quartered
4 cloves garlic, peeled
2 tsp olive oil
1 tsp ground cumin
1 tsp smoked paprika
4 cups low-sodium
vegetable broth
1 cup unsweetened
coconut milk (or any milk of
choice)
Salt and pepper to taste
Fresh parsley or thyme for
garnish (optional)

Directions

1. Preheat oven to 400°F (200°C).
2. Spread the sweet potatoes, carrots, butternut squash, onion, and garlic on a large baking sheet. Drizzle with olive oil, sprinkle with cumin, paprika, salt, and pepper, then toss to coat.
3. Roast the vegetables for 25–30 minutes, stirring halfway through, until the vegetables are tender and slightly caramelized.
4. Transfer the roasted vegetables to a large pot. Add the vegetable broth and blend using an immersion blender until smooth (or blend in batches in a regular blender).
5. Heat the blended soup over medium heat. Stir in the coconut milk and simmer for 5–10 minutes. Adjust seasoning with more salt, pepper, or spices to taste.
6. Serve and enjoy! Ladle the soup into bowls, garnish with fresh parsley or thyme, and serve warm.

This recipe is packed with vitamins, fiber, and antioxidants from the winter vegetables. The warm spices add a touch of comfort, making it the ultimate cold-weather dish. Plus, it's dairy-free, vegan-friendly, and super customizable—feel free to add your favorite toppings like pumpkin seeds, a drizzle of olive oil, or a dollop of yogurt!