



BeFit

Be Fit. Eat Healthy. It's your choice.

Roasted Carrot Soup

Adapted from [Well Plated](#)

1½ pounds carrots, peeled and cut into ½-inch slices (about 6 large or 1 bag baby carrots)
1 large yellow onion, peeled and thinly sliced
4 cloves garlic, peeled and left whole
2 tablespoons extra-virgin olive oil
½ teaspoon kosher salt
1 teaspoon ground cumin
¼ teaspoon black pepper
2 large (28-ounce) cans whole peeled tomatoes
1 teaspoon dried basil
½ cup plain Greek yogurt (plus more as topping, if desired)
Fresh basil (for garnish – optional)

Instructions:

Place oven racks in the upper and lower third of the oven; set oven to 400° F. Coat two baking sheets lightly with cooking spray (or use olive or canola oil) and set aside.

Place carrots, onions, and garlic in a large bowl. Drizzle with olive oil and sprinkle with salt, cumin, and pepper. Toss to coat evenly, then spread vegetables in a single layer on each sheet. Roast 25 to 30 minutes, turning twice throughout, until vegetables are tender and browned. Remove from the oven and let cool for 10 minutes.

While vegetables cool, drain the juice from the tomato cans into a small bowl; set aside.

Add half the vegetables and the drained tomatoes to a blender. Puree until smooth, then pour into a pot or Dutch oven. Repeat with the remaining vegetables and tomatoes.

Stir in the tomato juices, dried basil, and yogurt. Bring to a gentle simmer and cook 10 minutes, until fully heated through. (Taste and adjust seasoning, as needed.) Serve warm and top with fresh basil and additional Greek yogurt, if desired.

Notes:

Leftovers can be stored in the fridge for up to 5 days or frozen for up to 3 months.

Yield: 6 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 180 calories

PROTEIN: 5 g

SODIUM: 650 mg

CARBOHYDRATE: 25 g

FIBER: 7 g

FAT: 7 g

SAT FAT: 2 g