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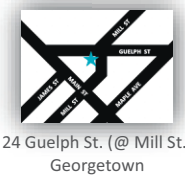
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What's Cookin' A versatile soup recipe



Lori Gysel & Gerry Kentner

Today's recipe for carrot and sweet potato soup is so versatile. Once you have the method down of roasting the vegetables, then adding to sautéed mixture of celery and onion, you can make all kinds of soups.

Many of them will not even require the addition of the flour, because they will naturally thicken with the quantity of vegetables added.

Try this method with butternut squash and red peppers; pumpkin and carrot; leek and potato; parsnip and pear; just keep the quantities roughly the same – adjusting by adding a little less or a little more stock as needed. The trick is to not add all of the stock at once, in case it is not required.

You can also adjust the herbs based on the vegetable choice— thyme is nice with carrot and sweet potato. Chives are great in the leek and potato. Try a little cinnamon in the pumpkin and carrot.

And, if you want to get a little naughty, you can add a bit of 35% cream at the end of the soup process to really create a deliciously creamy texture.

Have fun and keep cooking!

Carrot and Sweet Potato Soup

Serves 8

Ingredients

- 1 large sweet potato
- 5 medium carrots
- 3 tbsp olive oil
- coarse salt and freshly ground pepper
- 1 tbsp olive oil
- 1 tbsp butter
- 1 cup diced celery
- 1 cup diced onion
- 1/4 cup flour
- 8 cups chicken stock
- 2 tbsp chopped fresh thyme

Method

1. Peel and cut carrots and sweet potato into large cubes. Toss with olive oil, salt and pepper.
2. Put vegetables on a parchment-lined baking sheet and roast uncovered about 45 minutes at 400 degrees F. Turn once during cooking.
3. In the meantime, melt butter and olive oil in a soup pot. Add celery and onions. Cook on medium heat until



onions are translucent (approximately 10 minutes). Add flour over low heat to make a roux. Cook this mixture for 2-3 minutes.

4. Slowly, over low heat, add chicken stock, then thyme. Bring up to medium heat and bring to a boil. Reduce heat to a simmer.

5. Remove vegetables from the oven and put into soup pot. Simmer 20 minutes. Puree with an immersion blender.

6. Taste for salt and pepper.

7. Serve with toasted pumpkin or sunflower seeds and a sprig of thyme for garnish.



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