

Roasted Carrot Soup

Adapted from Deborah Madison

1 pound carrots, peeled and cut into chunks
2 small potatoes, peeled, and cut into chunks
1 large onion, cut into chunks
5 garlic cloves, peeled
2 tablespoons olive oil
sea salt and freshly ground pepper
2 good sized thyme sprigs
1 bay leaf
1 quart vegetable stock or water
1/2 cup light cream (or coconut milk)
2 teaspoons minced parsley or chives

1. Preheat the oven to 425 degrees. Toss the vegetables with the olive oil and season with 1/2 teaspoon salt and some pepper. Put them in a large baking dish with the thyme and bay leaf and roast until tender and glazed, about 1 hour, turning them 2 or 3 times
2. Transfer the vegetables to a soup pot, add the stock and bring to a boil. Simmer until the carrots are soft, about 20 minutes, then puree until smooth. Taste for salt and pepper and add the cream or coconut milk.

Serve with parsley or chives.