

Recipe – Roasted Vegetable Soup

This roasted vegetable soup can be made vegan (use the cauliflower) or with chicken.

Ingredients:

- one large butternut squash, peeled, seeded and cut in bite-sized cubes
- one medium onion, cut in slivers
- one 25 ounce can of chickpeas, drained
- curry powder to sprinkle, about 1 tablespoon
- nutmeg to sprinkle, about ½ teaspoon
- olive oil
- 1 tablespoon organic chicken or vegetable soup base
- water
- 12 dried apricots, chopped
- ½ cup pecans, chopped
- fresh parsley, chopped, for garnish

Optional:

- one small head cauliflower, cut into floret's, roasted, see below
- one pound chicken breasts, roasted, see below

Directions:

Preheat the oven to 450. Spread a little olive oil on a cookie sheet and toss the squash, onions and, if using it, cauliflower. Sprinkle on some curry powder and a little bit of salt, if permitted. Roast about 25 minutes, tossing once or twice, until soft.

In a soup pot, combine 6 cups of water and soup base (or use prepared broth), apricots, chickpeas, and roasted vegetables. Simmer 10 minutes. (You may end up adding more water, if needed.)

Place the chopped pecans on a sheet and sprinkle with a little olive oil, some curry powder and nutmeg. Roast 4 – 5 minutes.

Blenderize a few cups of the vegetables and return the puree to the soup pot to thicken the soup.

Serve and garnish with fresh parsley and pecans.

With Chicken:

Coat the chicken thinly with olive oil. Sprinkle on a little curry powder, salt and pepper. Bake while the squash is in the oven until just done, about 15 minutes. Slice.

Serve on top of the soup with parsley and pecans.

Serves about 6.