

Roasted Carrot Soup

- 2 pounds carrots
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon fine sea salt, divided, to taste
- 1 medium yellow onion, chopped
- 2 cloves garlic, pressed or minced
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon ground cumin
- 4 cups vegetable broth (or water)
- 2 cups water
- 1 to 2 tablespoons unsalted butter
- 1 $\frac{1}{2}$ teaspoons lemon juice, to taste
- Freshly ground black pepper, to taste



1. Preheat the oven to 400 degrees Fahrenheit.
2. Peel carrots and then cut them on the diagonal so each piece is about $\frac{1}{2}$ " thick.
3. Place the carrots on a baking sheet. Add 2 tablespoons olive oil and $\frac{1}{2}$ teaspoon of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer.
4. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.
5. Once the carrots are almost done roasting, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until shimmering. Add the onion and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.
6. Add the garlic, coriander and cumin. Cook until fragrant while stirring constantly, about 30 seconds to 1 minute. Pour in the vegetable broth and water, while scraping up any browned bits on the bottom with a wooden or silicone spatula.
7. Add the roasted carrots to the pot when they are out of the oven. Bring the mixture to a boil over high heat, then reduce the heat as necessary to maintain a gentle simmer. Cook for 15 minutes, to give the flavors time to meld.
8. Once the soup is done cooking, remove the pot from the heat & let it cool for a few minutes. Carefully transfer the hot soup to a blender, working in batches if necessary. Add the butter, lemon juice and several twists of black pepper. Blend until completely smooth. Add additional salt and pepper if necessary, to taste.

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