



## Roasted Carrot Soup

Makes 8 Appetizer Servings

### Ingredients:

3 lbs. carrots, cut into 1-in. chunks  
1 Tbsp olive oil  
1/8 tsp cayenne pepper  
2 Tbsp margarine or butter  
2 med. Shallots, chopped  
3 cloves garlic, chopped  
2 tsp fresh thyme leaves  
4 c vegetable broth  
3 c carrot juice  
1 piece (1-in) peeled fresh ginger, thinly sliced  
1/4 c plain nonfat Greek yogurt for garnish  
Chives for garnish

Preheat oven to 475. On large jelly-roll pan, toss carrots with oil, cayenne, and 1/4 tsp. salt. Spread in single layer; roast 30 – 35 minutes or until carrots are caramelized, stirring once halfway through.

Meanwhile, in 5-quart saucepan, melt margarine on medium heat. Add shallots, garlic, thyme, and 1/4 tsp. salt. Cook 3 minutes or until shallots are golden, stirring. Add carrots, broth, juice, ginger and 1/2 tsp. salt. Cover; heat to simmering on medium-high. Reduce heat to maintain simmer; cook, partially covered, 10 minutes or until tender.

With blender, puree mixture until smooth. Soup can be made and refrigerated up to 1 day ahead. Reheat on medium.

To serve, top with yogurt and chives.

Each serving is about 150 calories, 3 g protein, 25 g carbs, 5 g total fat (2 g saturated), 5 g fiber, 10 mg cholesterol, 960 mg sodium.