

Roasted Vegetable Soup

Ingredients

2 1/2 cups red onion, coarsely chopped
1 cup carrot, chopped
5 plum tomatoes, trimmed and halved
1 cup red potato, cubed
1/2 teaspoon black pepper
3 garlic cloves
1 Tablespoon olive oil
1 teaspoon rosemary, dried
1 teaspoon sage, dried
4 cups vegetable stock
1 (28-ounce) can of whole tomatoes, chopped

Directions

1. In large bowl, combine onion, carrot, tomatoes, potato, pepper, garlic, oil and herbs. Stir until well coated.
2. Spread mixture in single layer on baking sheet pan. Roast at 425F for about 25 minutes, or until golden and tender
3. Combine stock and can of chopped whole tomatoes in a medium stock pot. Bring to a boil; reduce heat and simmer for 7 minutes.
4. Place half of roasted vegetables into a food processor or blender and process until mixture is smooth. Repeat with remaining vegetables and return mixture to stock pot.
5. Simmer for 5 minutes, or until thoroughly heated. Serve

Nutrition Information makes 10 servings (serving size 1 cup)

Per Serving

Calories: 69

Fat: 1.5 g

Saturated Fat: .5g

Cholesterol: 0mg

Sodium: 171mg

Carbohydrate: 12g

Fiber: 3g

Protein: 2g



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