

October: Recipe of the Month “Roasted Vegetable Soup” | 2016

Prep time: 5 mins - Cook time: 45 - 50 mins

Roasted Vegetable Soup

Ingredients

- 1 Sweet Potato
- 1 Onion
- 3 Carrots
- 2tbsp (30ml) Olive Oil
- 1/8 tsp. Nutmeg
- ¼ tsp. Cinnamon
- ¼ tsp. Ground Cumin
- ¼ tsp. Turmeric
- Salt and Pepper to taste
- 4 cups Vegetable Stock



Instructions

1. Preheat oven to 350°F or 176°C.
2. Coarsely chop the vegetables and place in a large bowl.
3. Add olive oil, nutmeg, cinnamon, cumin, turmeric, salt, pepper and mix well.
4. Place on a baking sheet or in a baking dish.
5. Bake for 30 minutes.
6. Remove vegetables from the oven, place in a saucepan, discard the extra oil and add the vegetable stock.
7. Bring to a boil, then reduce heat and simmer until vegetables are tender, 15-20 minutes.
8. Using an immersion/stick blender or in batches in a blender, puree soup until smooth.

Garlic Parmesan Knots

Ingredients Dough:

- 1/2 cup almond flour
- 1/4 cup coconut flour
- 2 tsp. baking powder
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 1/2 cups shredded part skim mozzarella cheese
- 5 tbsp. butter, melted
- 1 large egg

Garlic Parmesan Butter

- 3 tbsp. butter, melted
- 2 tbsp. freshly grated parmesan
- 2 tsp. minced garlic
- 3/4 tsp. kosher salt
- 1/2 tsp. dried parsley



Instructions Dough:

1. Preheat oven to 350F and line a large baking mat with parchment paper or a silicone liner.
2. In a medium bowl, combine almond flour, coconut flour, baking powder, garlic powder, and salt. In a large saucepan, melt cheese over low heat until it's melted and can be stirred together.
3. Add butter, egg, and stir to combine. Stir in almond flour mixture until dough comes together (keep heat on low). It will still have some large streaks of cheese. Turn out dough onto a parchment-lined surface and knead until uniform (this only takes a little kneading).
4. Divide dough into 16 equal portions. Roll each portion into a 7-inch log and tie gently into a knot. Place on prepared baking sheet a few inches apart (they will spread a bit).

Garlic Parmesan Butter:

5. In a small bowl, whisk together butter, parmesan, garlic, salt, and parsley. Brush about half of the butter over knots before baking. Bake 15 to 20 minutes, until firm to the touch and golden brown.
6. Remove and brush with remaining garlic butter. Serve warm.

