

Roasted Winter Vegetable and Orange Soup

- 1 Large coarsely chopped onion
- 2 small parsnips, peeled and coarsely chopped
- 2 cups coarsely chopped peeled sweet potato – medium size
- 2 cups coarsely chopped and peeled butternut squash – small size
- 3 Tbsp vegetable oil
- 1 Tbsp chopper ginger root
- 1 Tsp ground coriander
- 4 cups low sodium chicken broth
- 1 Tsp liquid honey
- Juice of 1 orange
- 2 Tbsp chopped fresh parsley or cilantro
- 3 Tbsp sliced and toasted almonds

Preheat oven to 375 F. In a large bowl, toss onion, parsnips, sweet potato and squash with 2 tbsp of the oil. Spread in a single layer on a large, rimmed baking sheet and roast, turning once, for 45-50 minutes or until softened and brown. In a large saucepan, heat remaining oil over medium heat and sauté ginger and coriander until fragrant; about 15 seconds, add roasted vegetables, chicken broth and honey; bring to a boil. Reduce heat and simmer for 15 minutes or until slightly thickened.

Using a blender, or food processor, puree, in batches, the mixture until smooth. Stir in the orange juice and reheat over medium heat until steaming, stirring often. Add a little water if soup is too thick.

Garnish with cilantro/parsley and almonds before serving.

N.B. Roasting the vegetables caramelizes their natural sugars.

Serves Six