

Autumn Vegetable Soup

Yields 6-8 servings (1 cup per serving)

Ingredients:

1 tbsp.	Extra-virgin olive oil
1 cup	Chopped onion
1 cup	Roasted and peeled turnip
1 cup	Roasted and peeled butternut squash
1 cup	Coarsely chopped carrot
1 cup	Roasted peeled, and chopped sweet potato
1 cup	Roasted celery root
1 cup	Roasted parsnips
1, each	Roasted poblano pepper
5 cups	Vegetable (or chicken) broth
1 tsp	Cumin
1 clove	Garlic
	Salt and pepper, to taste

Optional:

¼ cup	Maple syrup
1/8	Cayenne pepper
teaspoon	Granny smith apples
1 cup	Root or other fall vegetables

Directions:

1. To roast vegetables:
 - a. Preheat oven to 450°, toss vegetables with olive oil, place on sheet tray, roast until tender 40-50 minutes
2. Place broth, roasted vegetables, garlic, and remaining vegetables in a crockpot. Cook on low for 6-8 hours or high 3-4 hours. Cool slightly.
3. When cooled, puree with a food processor or handheld mixer. Pour the soup back into the crockpot and reheat until warmed. Add salt and pepper to taste and cumin. Optional: add maple syrup, cayenne pepper.

