



## Creamy Roasted Tomato and Carrot Soup

Serves 6

- 3 tablespoons Oil
  - 6 vine-ripened tomatoes, quartered ( box of cherry tomatoes)
  - 4 carrots, peeled and cut into thick biases
  - 1 yellow onion, cut into large wedges
  - 2 cups chicken stock or vegetable stock
  - Salt and pepper to taste
  - 1 cup milk - optional
1. Preheat oven to 400 degrees Fahrenheit.
  2. On an oiled baking pan, toss the tomatoes, carrots, onions, generously with 2 T Oil, salt and pepper.
  3. Roast for 35-40 minutes or until the vegetables are tender and golden brown, turning occasionally.
  4. Heat a large pot on medium heat.
  5. Pour in the roasted vegetables, any spices, chicken or vegetable stock, and bring to a simmer.
  6. Let simmer for at least 15 minutes,
  7. Puree the soup in a blender in multiple batches. Pour the pureed liquid into a large bowl and continue with the remaining soup.
  8. Return the pureed soup to the large pot and let simmer for 5 more minutes. Season with salt and pepper and any other spice to taste.
  9. If you prefer a chunky soup just mash the vegetables after they have simmered.