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.