

Riverview Wellness Center

RECIPES

Recipe for: Roasted Winter Vegetable Soup with Parsley Pesto

Ingredients:

½ cup olive oil
2 large onions, peeled and diced
6 carrots, peeled and sliced
2 stalks celery, thinly sliced
3 parsnips, peeled and diced
2 turnips, peeled and diced
1/3 pint Brussels sprouts cut in quarters
Zucchini and yellow squash, one of each, diced
5 large boxes of vegetable broth
1 can fire roasted plum tomatoes, chopped
Kosher salt and freshly ground black pepper
½ cup dried parsley leaves
2 cloves garlic, minced OR 2 tablespoons minced garlic
1 bunch of kale
add lentils (optional)

Preparation:

- Preheat the oven to 425 degrees.
- Toss the onions, carrots, celery, parsnips, turnips and Brussels sprouts. Add a generous amount of the olive oil and season with salt and pepper.
- Pour the mixture into a roasting pan and place into a hot oven for 45 minutes or until caramelized, stirring and shaking the pan occasionally to prevent scorching and to make sure the vegetables cook evenly.
- While the vegetables roast add the vegetable broth, chopped tomatoes, zucchini, squash, celery, garlic, and parsley to a large soup pot and bring to a boil. Lower heat and gently simmer for 15 minutes and then keep warm.

When the vegetables have roasted, remove and transfer to the hot vegetable broth. Bring to a boil over high heat. Lower the heat and let the soup simmer until all of the vegetables are tender, approximately 30 minutes.

