



Roasting any kind of vegetable brings out the naturally sweet flavors hiding just under the surface, and here the combination of cauliflower and sweet potato gives this soup the perfect balance of sweet and savory flavors, top that off with a little cumin and roasted garlic and you get an extra flavor boost.

[specificwellness.com](http://specificwellness.com)

## SOUPer FOOD!

### Roasted Vegetable Soup

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 4 garlic cloves, peeled              | ¼ cup chick peas                  |
| 1 red pepper, seeds and core removed | 8 oz broth (vegetable or chicken) |
| 1 sweet potato, diced                | Sea salt/Pepper                   |
| ½ cup carrots, diced                 | 1 teaspoon cumin                  |
| ½ onion, cut into bite sized pieces  | ¼ cup parmesan cheese (optional)  |
| ½ cup cauliflower broken apart       | ¼ cup chopped green onion         |

Preheat oven to 350°F. Cut vegetables into bite sized pieces to cook evenly. Place vegetables on baking sheet with or without olive oil/avocado oil/coconut oil. Sprinkle with salt and pepper.

Roast for 20-30 minutes or until vegetables are browned but not burnt.

In high speed blender, put roasted vegetables, broth, chickpeas, cumin, and parmesan cheese (or not). Blend completely for creamy soup or blend less for chunky soup. Add salt and pepper to taste. Garnish with green onion.

Enjoy!

