



THE J.M. SMUCKER Co

Roasted Vegetable Soup

Makes: 14 cups (3.5 L)

Prep Time Cook Time Serves Difficulty

15 mins 1 hr 5 mins 14 N/A

Ingredients

- 2 parsnips, chopped in 1/2" (1 cm) pieces
- 2 carrots, chopped in 1/2" (1 cm) pieces
- 2 zucchini, chopped in 1/2" (1 cm) pieces
- 1 onion, chopped in 1/2" (1 cm) pieces
- 1 red pepper, chopped in 1/2" (1 cm) pieces
- 1 tomato, cut in 1/2" (1 cm) pieces
- 1 sweet potato, peeled and cut in 1/2" (1 cm) pieces
- 2 cloves garlic
- 2 tbsp (30 mL) Canola or Vegetable Oil
- 8 cups (2 L) chicken stock, vegetable stock or water
- 1/2 cup (125 mL) orzo pasta
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 3/4 cup (175 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

2% Evaporated Partly Skimmed Milk

Directions

Step 1:

Preheat oven to 400°F (200°C). Line 2 baking sheets with parchment paper.

Step 2:

Combine chopped vegetables in a large bowl. Toss with oil. Place in a single layer on prepared baking sheets. Bake in preheated oven 35-40 minutes or until lightly browned.

Step 3:

Place roasted vegetables and chicken stock in a large saucepan or stock pot. Bring to a boil. Reduce heat and simmer for 10 minutes. Puree soup. Add pasta, salt and pepper. Bring soup to a boil. Cover, reduce heat and cook for an additional 15 minutes. Stir in evaporated milk. Taste and adjust seasonings.

You should have approximately 10 cups (2.5 L) chopped raw vegetables which will cook down to approximately 7 cups (1.8 L). Use your favourite vegetables just make sure you use this amount.

Orzo pasta is a small rice shaped pasta. You can replace it with any small soup pasta.

Images

