

Roasted Vegetable and Bean Soup



This spicy soup is a quick and easy meal to make on a weeknight and makes for great leftovers that will warm you up on colder fall nights.

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

2 each	Carrot, peeled, medium dice
1 each	Russet Potato, peeled, medium dice
1 each	Yellow or Green Zucchini, medium dice
1 Tbsp +1 tsp	Olive Oil, <u>divided</u>
1/2 tsp	Kosher Salt, <u>divided</u>
1/2 each	Onion, medium dice
2 cloves	Garlic, peeled, minced
1 stalk	Celery, small dice
1 each	Jalapeno, minced
1/4 tsp	Black Pepper
1 each	Bay Leaf
2 1/4 tsp	Cumin, ground
1 tsp	Mexican Oregano, ground
6 cups	Vegetable Stock, low-sodium or homemade
2 (15oz) cans	Navy beans canned, low sodium, drained

CHEF'S NOTES

For extra flavor and color, add chopped cilantro and a squeeze of lime!

Roasting the carrot and zucchini in this soup not only adds a deeper flavor, but it makes the antioxidant beta carotene in the vegetables easier for your body to put to good use.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Line a baking sheet with parchment paper. Preheat oven to 425°F.
2. Toss carrots, zucchinis, and potatoes with 1 Tbsp olive oil and 1/4 tsp salt. Bake until almost fully tender, about 8 minutes, flipping halfway through.
3. Heat a large pot over medium high heat. Once hot, add the remaining 1 tsp olive oil then the onions, celery, and jalapeno. Sauté until lightly browned and translucent, about 2-3 minutes.
4. Add the garlic and cook until fragrant, about 30 seconds. Add the remaining 1/4 tsp salt, pepper, cumin, oregano, and bay leaf. Stir to coat the vegetables evenly and cook for about 1 minute more.
5. Add the stock and bring to a simmer, then turn the heat to low. Add the roasted vegetables and beans and simmer for about 10 minutes. Allow to cool slightly before serving.

Nutrition Facts

5 servings per container

Serving Size 2 cups (593 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 6g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 27g 10%

Dietary Fiber 12g 42%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 10g 19%

Vitamin D 0mcg 0%

Calcium 220mg 17%

Iron 7mg 39%

Potassium 400mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

