

From the Kitchen at Stonewall Resort

ROASTED CARROT SOUP

Ingredients:

2 pounds (5 cups) carrots, peeled & cut into ½ inch slices
1 large (1 pound) yam, peeled & cut into ½ inch slices
1 medium (1 cup) onion, cut into eighths
4 cloves fresh garlic
3 tablespoons olive or vegetable oil
42 ounces chicken stock
1 cup half & half
1 tablespoon fresh chopped thyme leaves
Salt and pepper
Fresh thyme for garnish



Dressing Ingredients:

- Heat oven to 350° F. Spray 15x10x1 inch jelly roll pan with no-stick cooking spray.
- Place carrots, yam, onion and garlic in pan. Toss with oil. Bake for 35 to 45 minutes, stirring occasionally until vegetables are tender.
- Place half of the vegetable mixture, half of the chicken broth and ½ cup of the half & half in a 5 cup blender container. Cover; process until smooth. Pour mixture into a 4-quart saucepan. Repeat with remaining vegetable mixture, chicken broth and half & half.
- Stir in 1 tablespoon chopped thyme. Season with salt and pepper if desired. Cook, stirring occasionally, until soup is heated through (5 to 6 minutes).
- To serve, ladle soup into individual bowls; garnish with fresh thyme sprigs if desired.