



North Coast Food Web

*Cultivating healthy communities
and a vibrant economy through food & agriculture*

ROASTED WINTER VEGETABLE SOUP

Preheat oven to 400 degrees

- 1 yam peeled and sliced in 1/2" rounds (approx. 3 cups)
- 3 large carrots peeled and cut in 1" rounds (approx. 2 1/2 cups)
- 3 medium red potatoes cut in quarters (approx. 2 cups)
- 1 small Danish or Butternut squash peeled, seeded, cut into chunks (approx. 3 1/2 cups)
- 1 medium red onion peeled and cut into eight pieces 3 teaspoons salt
- 1 teaspoon fresh ground black pepper
- 3 Tablespoons olive oil
- 2 teaspoons fresh sage finely chopped

Put all the vegetables except the onions in a bowl. Add salt, pepper and sage. Drizzle with olive oil and toss to coat. Spread on a baking sheet and roast for 20 minutes.

Add the onions, stir the whole works and continue roasting for 30 minutes more or until the veggies are very tender.

Use your blender to puree' the roasted vegetables with about five cups of water. You will need to do this in small batches.

Season to taste, heat and serve.

This soup is fantastic as is. Or dress it up with sautéed Italian Sausage, a drizzle of cream fraiche, a few garlic croutons, or a pat of compound butter like the one below.

WALNUT-SAGE BUTTER

4 Tablespoons softened butter
1/4 cup toasted, salted, chopped walnuts. Toast in a 400 degree oven for a few minutes, watching closely so as not to burn.

2 teaspoons fresh sage, chopped
Combine butter, walnuts and sage. This butter is also great on pasta!

Recipe courtesy of Merianne Myers/North Coast Food Web

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