

Apple Carrot Soup

Yield: 6 Servings

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PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

Roasted carrots blended with sauteed apples and veggie stock and topped with chopped pralines

INGREDIENTS

- 2 lbs Carrots
- 4 Apples
- 1 Onion
- 1 Celery Stalk
- 4 cups Vegetable Broth
- 2 Tbsp dried Thyme
- 1 tsp Salt
- 1 tsp Pepper
- 1/2 cup Chopped Pralines

INSTRUCTIONS

1. Preheat the oven to 425 degrees
2. Wash, Peel, and chop the carrots and place them on a baking sheet.
Spray the carrots with non-stick spray and top with some salt and pepper to taste. Roast the carrots for 30 minutes, flipping the carrots over half way through
3. While the carrots are roasting, Slice the apple and onion and cook over medium heat in a soup pot until softened and starting to brown
4. Add 2/3rds of the roasted carrots to the pot and pour in the veggie stock.

- Add in the thyme, salt, and pepper and cook until boiling.
5. Blend the soup using an immersion blender- or transfer the soup to a regular blender and blend in batches until smooth
 6. Stir in remaining carrots, divide between 6 bowl, and top with chopped pralines, Serve and Enjoy!

<https://www.cookgoodlookgood.com/post/apple-carrot-soup>