

Roasted Vegetable Soup

Prep Time 15 mins
Total Time 1 hr 15 mins
Meal Type Lunch,Dinner,Side
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 1 cups Carrots, *peeled and chopped*
- 2 cups Zucchini, medium, *Chopped*
- 2 red peppers, *Chopped*
- 1 Onion, medium, *Chopped* (or 5 oz frozen chopped onions)
- 3 Cloves Garlic, *Chopped*
- 1 Lemon, *Juiced and Zested*
- 2 Tbs Olive Oil, *divided*
- 2 cups Cauliflower Rice, frozen, *defrosted*
- 1 15 Ounce Can Chickpeas, *Drained and Rinsed*
- 1 tsp Oregano, dry
- 1 tsp Basil, dry
- 1/2 tsp Black Pepper
- 1/4 tsp Salt
- 3 cups Vegetable Stock, reduced sodium
- 4 cups spinach

Directions

Prep

1. Preheat oven to 400°F.
2. Chop carrots, zucchini, pepper, onion (if fresh) and garlic.
3. Zest and juice lemon.

Make

1. Toss carrots, zucchini, and pepper with half of the olive oil. Transfer to a parchment lined baking sheet. Roast in oven for about 20 minutes.
2. Heat the remaining olive oil in a large pot over medium heat. Add the onion and saute until slightly translucent, about 3 minutes. Add the cauliflower, garlic, and chickpeas and cook for an additional minute.
3. Add the oregano, basil, salt, and pepper and cook for an additional minute before adding the roasted vegetables to the pot. Stir to combine. Pour in the vegetable stock. Bring to a boil and then reduce to a simmer. Cook uncovered for 30 minutes.
4. Add the spinach and simmer for another 5 minutes. Stir in the lemon juice and zest and serve.

Notes

This soup is a great way to utilize any leftover roasted vegetables. Simply start the recipe at the stage of sautéing the onion.

Before adding the spinach, you can blend the soup to desired level of smoothness and then return it to the pot to finish cooking.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*		
Calories	234	Total Fat	9.0g	13%	Total Carbohydrates	33g	11%
		Saturated Fat	1.2g	6%	Dietary Fiber	10g	40%
per serving		Trans Fat	0.0g	Total Sugars	11g		
		Cholesterol	0mg	0%	Protein	9g	
		Sodium	435mg	18%			
		Vitamin D 0mcg 0% · Calcium 119mg 11% · Iron 3mg 17% · Potassium 707mg 15%					

* The percent 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.

- Show all nutrients -