

Foodnity Recipes

Roasted Carrot Soup – Healthy Meal Prep

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 1.5 lbs carrots, peeled and cut into sticks
- [ ] 1 large yellow onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 4 cups low-sodium vegetable broth
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp lemon juice
- [ ] ½ cup plain Greek yogurt
- [ ] Salt and freshly ground black pepper to taste

Garnish

- [ ] 1 tbsp toasted pumpkin seeds
- [ ] Drizzle of extra-virgin olive oil
- [ ] Fresh thyme sprig

Instructions

1. Preheat the oven to 425°F (220°C). Toss carrot sticks with 1 tbsp olive oil, salt, and pepper; spread on a baking sheet.
2. Roast carrots for 25-30 minutes, turning halfway, until tender and caramelized.
3. While carrots roast, heat remaining olive oil in a large pot over medium heat. Add diced onion and sauté until translucent, about 5 minutes.
4. Add minced garlic, cooking just until fragrant, about 30 seconds.
5. Transfer roasted carrots to the pot, pour in vegetable broth, and add thyme. Bring to a gentle boil, then simmer 10 minutes.
6. Use an immersion blender (or blend in batches) to purée the soup until silky smooth.
7. Stir in lemon juice, season with salt and pepper, and whisk in Greek yogurt for extra creaminess.
8. Ladle soup into bowls, garnish with pumpkin seeds, a drizzle of olive oil, and a thyme sprig. Enjoy warm.

Nutrition per serving

210 kcal	6 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thinner soup, add more broth a little at a time.
- For a richer flavor, roast the onions alongside the carrots.
- Adjust the lemon juice to taste; it brightens the sweet carrots.