



# Roasted Vegetable Soup



4 servings



15 mins prep | 1 hour 15 minutes total time

## Per serving:

234 calories  
33 g carbs  
10 g fiber  
9 g fat  
9 g protein

## Ingredients

- 1 cup 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.

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



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