

# SeacoastCAN (Climate Action NOW) Planted for the Planet Plant Based Recipes



## Creamy Vegetable Soup



Ingredients:

1 large head cauliflower cut into thin wedges

3 large carrots sliced

3 Tbs +1 extra virgin olive oil

2 red bell peppers chopped  
1 shallot halved  
3 large cloves garlic  
1 Tbsp white wine vinegar  
1 ½ tsp kosher salt  
¼ tsp freshly ground white or black pepper  
1 bunch chives minced  
¼ cup chopped pistachios

Instructions:

1. Preheat oven to 425 degrees. On a large baking sheet, toss cauliflower and carrots with 3 Tbs of oil and spread in a single layer. Roast until the veggies have started to brown and soften 20-25 minutes
2. On a small rimmed baking sheet, toss the peppers, shallots, and garlic with the remaining 1 Tbsp of oil and spread in a single layer. Roast until the garlic is lightly browned and the peppers and shallots are softened. 10-12 minutes
3. In a large pot over high heat, bring all the roasted vegetables and 4 cups of water to a boil. Simmer until very tender, about 20 minutes. Blend with an immersion blender until smooth.
4. Season with the vinegar, salt, and pepper. Garnish with the chives and pistachios.

Makes 8 cups.

*Copied from the Healthy Cook's Kitchen*

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