



Roasted Carrot Coconut Soup

Servings: 4

Prep: 5 minutes
Cook: 45 minutes

Recipe courtesy of [Prescribe Nutrition](#)

Ingredients

- 1 lb carrots, stem ends removed
- 1 onion, chopped into thick pieces
- 4 garlic cloves
- Olive oil
- 1 ½ tsp sea salt
- 1 tsp pepper
- 1 can full fat coconut milk
- 3 cups stock, chicken or vegetable

Nutrition Facts

Servings 4

Amount Per Serving

Calories 338

% Daily Value

Total Fat 29g 37%

Saturated Fat 20.1g 101%

Cholesterol 0mg 0%

Sodium 1538mg 67%

Total Carbohydrate 20.6g 7%

Dietary Fiber 5.6g 20%

Sugars 10.3g

Protein 4.1g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 2mg 12%

Potassium 669mg 14%



What you'll need



measuring spoons



measuring cups



sheet pan



blender

Instructions

1. Preheat the oven to 400° F.
2. On a sheet pan, arrange carrots (1 lb), onion (1), and garlic (4 cloves) in an even layer. Drizzle with olive oil and roast for 45 minutes until the carrots begin to caramelize and the onions begin to char.
3. Blend carrots, onion, and garlic with the remaining ingredients until smooth.
4. Serve with optional toppings: pomegranate seeds, micro greens sunflower seeds, or oil



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