

Long Livo

Irresistible Roasted Veggie Soup Recipe

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

Ingredients

Roasted Vegetables

- [ ] 3 large carrots, peeled and cut into 1-inch chunks
- [ ] 2 medium zucchini, cut into 1-inch half-moons
- [ ] 1 large yellow onion, cut into wedges
- [ ] 2 cloves garlic, peeled
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper

For the Soup

- [ ] 4 cups vegetable broth
- [ ] 1 teaspoon dried thyme
- [ ] ½ teaspoon paprika (optional)
- [ ] Additional salt and pepper to taste

Optional Garnishes

- [ ] Fresh parsley or thyme leaves
- [ ] A drizzle of olive oil
- [ ] Croutons or crusty bread

Instructions

1. Preheat your oven to 400°F (200°C). I always give the oven a few extra minutes to really heat up properly—it makes such a difference in how the vegetables roast. While it's heating, wash and chop all your vegetables. There's something so satisfying about the rhythm of chopping—the steady sound of the knife on the cutting board, the way the carrots release their sweet scent as you slice them.

   I like to cut the vegetables into roughly equal-sized pieces so they cook evenly. The zucchini gets sliced into half-moons about half an inch thick, the carrots into coins, and the onion into wedges. Don't worry about perfection here—they're going to be blended anyway. Yeah, it's one of those forgiving steps.

2. Spread the chopped vegetables and garlic cloves on a large baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Now, here's my favorite part—using my hands to toss everything together. There's no better way to make sure every piece gets coated evenly.

   The vegetables feel cool and slightly damp under my fingers, and the olive oil makes them glisten. I spread them out in a single layer, making sure they're not crowded. If they're too close together, they'll steam instead of roast, and we want those beautiful caramelized edges. Honestly, this attention to spacing makes all the difference.

3 Roast the vegetables for 25-30 minutes, stirring halfway through. After about 15 minutes, your kitchen will start smelling incredible—earthy and sweet with that distinctive roasted aroma. When you open the oven to stir, you'll see the transformation beginning.

The edges will be turning golden, the zucchini softening, the carrots becoming tender. You want them deeply caramelized but not burned—a few dark spots are perfect for flavor. I usually set a timer so I don't forget, but honestly, I can often tell by the smell when they're ready. Wow, it's like the vegetables are telling you their story.

4 Transfer the roasted vegetables to a blender. Add about 3 cups of vegetable broth and the dried thyme. Blend until smooth, adding more broth until it reaches your desired consistency. I love watching the transformation—from chunky roasted veggies to this velvety, orange-hued soup.

The sound changes as it blends, becoming smoother and more uniform. Taste and adjust seasoning—you might need more salt or pepper. If you want it extra smooth, blend a bit longer. Sometimes I like it with a little texture, so I blend it less. Pour it into a pot to heat through if it cooled during blending. Dang, it's ready to warm someone's heart.

Nutrition per serving

120 kcal	3 g	18 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup will thicken as it cools—this is normal! Just add a bit more broth or water when reheating to get it back to your preferred consistency. I like mine fairly thick, but you can make it as brothy as you want. Yeah, it's all about personal preference.

Leftovers taste even better the next day as the flavors continue to meld together. It's one of those magical dishes that improves with time.
- Don't be afraid to experiment with different vegetable combinations. Sweet potatoes, parsnips, cauliflower—they all roast beautifully. I've even added a beet once for gorgeous color (though it will turn everything pink!). The key is balancing sweet and savory vegetables.

If you're using zucchini from your garden, you might also enjoy this zucchini lemon pasta—it's another quick and delicious way to use summer's bounty.
- For extra creaminess without dairy, add a tablespoon of tahini or a splash of coconut milk at the end. It gives it such a lovely rich texture. I discovered this trick when my friend who's vegan came for lunch, and now I make it that way often.

The roasting time may vary depending on your oven and how small you cut the vegetables. Keep an eye on them after 20 minutes—you want them tender and caramelized, not burned.