**Creamy Roasted Vegetable Soup**

**And Tips on**

**Roasting Vegetables**

Roasting is not just for potatoes! There are so many vegetables you should consider next time you are planning dinner. Here are some tips!

* Try roasting parsnips! These are probably my absolute favorite veggie to roast. Parsnips are a root vegetable; they resemble a big giant white carrot but have their own unique flavor. Roasted parsnips have a creamy texture with a touch of sweetness
* Cauliflower flavor is completely changed when roasted. Do not separate into florets, simply slice into ¼ inch pieces and roast until deep golden brown for maximum flavor. Broccoli is great this way too!
* You probably have considered roasting Brussel sprouts, but how about cabbage? Cut into ½ inch thick pieces and roast for a new way to serve this over looked vegetable.
* Have you ever tried rainbow carrots, purple string beans and potatoes? These colorful veggies look inviting and interesting. They are a great way to elevate a typical side dish or to get your kids to try new veggies!
* Include aromatic vegetables to your mix. Red bell pepper, onions, fennel and even celery to add flavor to a tray of roasted vegetables
* Using butter blend like **Challenge Butter’s “Spreadable Butter Flavored with Olive Oil”** makes your roasted vegetables a success every time. You get the health benefits of the olive oil and the delicious taste and browning from the butter. The best of both worlds!
* Always line your baking sheet with non-stick foil for easy cleanup!

Now that you have decided what to roast, here are some recipes. Make sure to roast extra vegetables to make some delicious Creamy Roasted Vegetable soup the next day!

**Perfect Roasted Vegetables**

**Creates 6 side dish portions**

**Ingredients**

* 4 cups of your favorite vegetables, cut into ½ inch pieces or cut into slices
* ¼ cup of **Challenge Butter’s “Spreadable Butter Flavored with Olive Oil”**
* Salt and pepper to taste
* 1/8 cup of your favorite diced fresh herbs, optional

Preheat oven to 425 degrees.

Line a cooking sheet with non-stick foil. Place prepared vegetables on sheet, do not overcrowd. (You can always use two sheets if necessary.)

Melt butter blend in a small microwave safe bowl. Season melted butter with salt and pepper, stir to combine. Drizzle melted butter over vegetables, toss to coat. Place in oven to roast for 30-40 minutes or until edges of vegetables are a deep golden brown. Remove and sprinkle with fresh herbs if desired.

**Creamy Roasted Vegetable Soup**

**Creates 8 servings**

**Ingredients**

* 4 cups of pre roasted vegetables of your choice
* 1 cup of plain strained Greek yogurt or sour cream, plus extra for garnish
* 2 cups of chicken broth, vegetable broth or milk
* 1/8 cup of diced fresh herbs

**Directions**

Place roasted vegetables into a food processor. Process veggies until a smooth and creamy paste forms. Add Greek yogurt or sour cream and pulse until combined. With your food processor on, slowly add liquid of choice until the desired consistency is achieved. Serve warm with a dollop of Greek yogurt or sour cream and a sprinkle of fresh herbs.