

ROASTED CARROT & FENNEL SOUP

WITH FETA CRUMBLES & RYE BREAD CROUTONS

SERVES 6 | CONTAINS WHEAT | VEGETARIAN, VEGAN WITHOUT FETA



INGREDIENTS

3 tsp.	Vegetable Oil
1 lb.	Carrots – peeled and large dice
1 lb.	Fennel Bulb – Trimmed, cut into eights – reserve fronds for garnish
2 tsp.	Salt
1 tsp.	Ground White Pepper
1 tsp.	Ground Ginger
3 cups	Vegetable Broth – heated in a saucepan
5 slices	Rye Bread
2 tsp.	Vegetable Oil
½ tsp.	Salt
¼ tsp.	Ground White Pepper

+ *feta cheese crumbles for topping (optional, leave off to be dairy-free)*

DIRECTIONS

1. Pre-heat oven to 400 degrees.
2. Combine vegetable oil, carrots, fennel, salt, and white pepper and place on sheet pan and bake for 20 minutes or until vegetables are soft and golden brown.
3. In a large pan, add roasted vegetables, ginger, and broth.
4. Puree with an immersion blender until smooth.
5. Taste and add salt and pepper as needed.
6. To make the croutons, dice bread and let dry out for 4 hours toss with oil, salt and pepper and toast in a sauté pan until golden brown, about 12 minutes.
7. Place hot soup into bowls and top with croutons, crumbled feta cheese and fennel fronds.



Serve & Enjoy!



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