

# Roasted Carrot Soup and Tomato Bread



## **Roasted Carrot Soup**

### Ingredients

1  $\frac{3}{4}$  pounds carrots

$\frac{1}{4}$  cup olive oil

1 dash Salt

6 cups vegetable stock, (good quality not too high in sodium)

1 inch fresh ginger, an inch long, peeled

1 sprig thyme, plus more for garnish

$\frac{1}{2}$  large sweet onion, chopped

2 cloves garlic, chopped

Freshly ground black pepper

### Method

1. Peel and cut the carrots into 1/2-inch rounds. On a rimmed baking sheet, toss the carrots with 2 tablespoons of the olive oil and sprinkle generously with salt. Set an oven rack 6 to 8 inches from the heat source and turn on the broiler. Broil the

carrots until they brown and soften, turning them over with a spatula every 5 minutes or so; this should take 15 to 20 minutes.

2. Meanwhile, bring the stock to a boil, add the ginger and the sprig of thyme and simmer gently for 15 minutes.

3. Put the onion in a medium stock pot with the remaining olive oil. Brown the onion over medium heat, stirring frequently. Add the garlic, and then add the carrots.

4. Remove the ginger and thyme from the stock and add the stock to the pot with the onions and carrots. Bring to boil and simmer for 5 to 10 minutes, until the carrots are soft enough to puree.

5. Use an immersion or a standard blender to puree the mixture until smooth. If the soup seems too thick, add more stock or water and reheat gently. Add salt and pepper to taste. To serve, garnish with chopped fresh thyme.

Source: food52.com (4 servings | Serves 4)

## **Tomato Bread Recipe**

### **Ingredients**

6 cups all purpose flour, up to 6 1/2 cup or as needed

3 tablespoons sugar

2 packages active dry yeast, each 1/4 ounce

1 teaspoon salt

$\frac{3}{4}$  teaspoon dried oregano

$\frac{1}{2}$  teaspoon garlic powder

$\frac{1}{2}$  teaspoon dried basil

$\frac{1}{4}$  teaspoon dried rosemary, crushed

2 cups tomato juice, or V8

$\frac{1}{2}$  cup tomato sauce

2 tablespoons olive oil

### **Method**

1. In a large bowl, combine 3 cups flour, sugar, yeast, salt, oregano, garlic powder, basil and rosemary. In a large saucepan, heat the tomato juice, tomato sauce and oil to

120°-130°, stirring occasionally. Add the dry ingredients; beat until smooth. Stir in enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into two loaves. Place in two greased 8-in. x 4-in. loaf pans. Cover and let rise until doubled, about 30 minutes.

4. Bake at 375° for 35-40 minutes or until lightly browned. Remove from pans to cool on wire racks. Yield: 2 loaves (16 slices).

#### Notes

2 WW PointsPlus per ounce

Source: TasteOfHome.com (51 servings | 2 loaves )