



## Roast vegetable soup.

---

By: Anton Mac Donald

Saturday, 07th October 2017

## Ingredients

- 2 Carrots
- 3 Baby marrow
- 2 Mushrooms
- ½ Onion
- 1 Red bell pepper
- 1 small Butternut
- Dried Origanum
- Ground bayleafs
- Ground Coriander seeds
- BBQ spice
- Ground Black pepper
- Salt
- 5 Springs thyme
- 125 ml Sour cream

## Method

- Cut vegetables in chunks altogether to weigh 800 g.
- Sprinkle vegetables with oil and season with Origanum, Bayleafs, Coriander, BBQspice, Black pepper and salt. Remember to over season a bit or else the soup will be very bland.
- Roast vegetables at 220°C for about 40 minutes. All vegetables should be soft.
- Blend vegetables with 4 -5 cups water. Depending on how thick soup becomes.
- Bring to the boil.
- Add the thyme.
- Add sour Cream with soup.
- Serve hot and sprinkle with fresh chopped parsley.

Make 6 portions.