

Sheet Pan Soup

This savory "Sheet Pan Soup" is the ultimate no-fuss, no-waste recipe—designed to use whatever you have on hand, from veggies and herbs to legumes, grains, and spices. With just two simple steps—roast your ingredients and blend with water or broth—you'll have a velvety, flavorful soup in no time. It's a perfect way to rescue produce on the verge of going bad while creating something nourishing, delicious, and totally customizable!

INGREDIENTS

1 large leek, thinly sliced
1 cup baby tomatoes, halved
1 large celery root, peeled and diced
1 head cauliflower, chopped into chunks
1/4 cup extra virgin olive oil
1 tablespoons thyme
1 teaspoon salt, more to taste
1 small acorn squash, de-seeded and cut into chunks
6 cups water, or to desired consistency
salt, to taste
black pepper, to taste

STEP 1

Pre heat oven to 375°. Line a large baking sheet with parchment paper.

STEP 2

Prep all vegetables and toss on pan.

STEP 3

Mix with oil, thyme and salt then spread evenly on pan. Bake in oven for 30 minutes.

STEP 4

Have a large pot handy. Remove vegetables from the oven and add half of them to high speed blender. with 3 cups of water. Purée until smooth and creamy then place soup into large pot. Repeat with the second batch. Salt to taste.

STEP 5

Add black pepper to finish. You can also add parmesan cheese for additional flavor.

SERVES

8

TIME

🕒 45m

SHOPPING LIST

1 large leek
1 cup baby tomatoes
1 large celery root
1 head cauliflower
extra virgin olive oil
1 bunch thyme
1 small acorn squash
salt
black pepper

EQUIPMENT

Sheet pan
Parchment paper
High speed blender
Medium pot with cover

STORAGE

Store in the fridge for 3-4 days
or in the freezer for up to 2-3
months