
Roasted Carrot and Sweet Potato Soup with Apple and Sage

The sweetness of carrots, sweet potato and apple make this a deliciously simple fall soup. It also freezes well — a great way to preserve the best of the season.

2	large carrots, chopped	2
1	medium sweet potato, peeled and diced	1
	Vegetable oil	
1 tbsp	butter	15 mL
1	onion, chopped	1
1	tart apple, peeled and chopped	1
1 tsp	dried sage	5 mL
4 cups	ready-to-use chicken broth	1 L
1 cup	apple juice or cider	250 mL
	Salt and black pepper to taste	
1/2 cup	half-and-half (10%) or heavy or whipping (35%) cream (optional)	125 mL

Preheat oven to 450°F (230°C). Place carrots and sweet potato on a rimmed baking sheet lined with parchment paper. Drizzle with oil, toss to coat well, then spread out in a single layer. Roast for 20 minutes, until starting to turn golden on the edges.

In a medium pot or Dutch oven, heat a drizzle of oil along with the butter over medium-high heat. When the foam subsides, add onion and sauté for 5 minutes, until soft. Add roasted carrots and sweet potato, scraping any flavorful browned bits from the pan. Add apple, sage, stock and apple juice; bring to a simmer. Reduce heat and simmer for 15 to 20 minutes or until everything is soft. Season with salt and pepper. Remove from heat and purée with an immersion blender right in the pot until smooth (or let cool slightly and purée soup in batches in a blender, then return to the pot and reheat until steaming). Stir in cream, if you're using it. Serve hot. **Serves 6.**