

Maple-roasted carrot, pumpkin & chickpea soup



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Preparation: about 20 minutes

Cooking: about 50 minutes

Serves: 6

500g carrots, peeled and cut into 2cm-thick slices

400g peeled butternut pumpkin, chopped into 3cm pieces

1 brown onion, cut into thin wedges

2 garlic cloves, finely chopped

2 tbs olive oil

2 tbs maple syrup

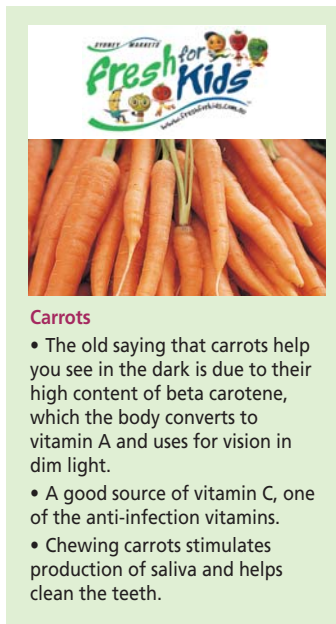
5 cups chicken stock

400g can chickpeas, drained and rinsed

Salt and ground black pepper

Wholegrain toast, to serve

1. Preheat oven to 200°C/180°C fan-forced. Line a large baking pan with non-stick baking paper, allowing paper to extend 3-4cm up the sides of the pan.
2. Place carrots, pumpkin, onion and garlic in a large roasting pan. Drizzle with oil and maple syrup and toss to coat. Bake, tossing once, for 35-40 minutes until tender.
3. Pour vegetable mixture from the roasting pan into a large saucepan. Add stock and chickpeas. Using a blender, puree soup until smooth. Warm soup over medium heat until hot. Season with salt and pepper and serve with wholegrain toast.



Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Chewing carrots stimulates production of saliva and helps clean the teeth.



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