



Healthy Plant-based Recipes:

Roasted Vegetable Soup

Ingredients

- **Traybake Ingredients**
- 2 eggplants, cut into chunks
- 3 zucchini, cut into half-moons
- 2 red onions, cut into thin wedges
- 4 tbsp Olive oil
- 500g ripe tomatoes, roughly chopped
- 3 capsicums, roughly sliced
- **Soup Ingredients**
- 2 tbsp olive oil
- 4 cloves garlic, crushed
- 2 tbsp tomato paste
- 2 tsp dried oregano
- Pinch of caster sugar
- 500ml (2 cups) salt reduced vegetable stock
- 1 cup orzo or small gluten free legume pasta
- ½ 420g can of no-added salt corn kernels, rinsed and drained
- **Topping Ingredients**
- 100g reduced fat feta
- 70g (2/3 cup) pitted green olives, roughly chopped
- Small handful of flat-leaf parsley, finely chopped
- Zest of 1 lemon.

Method

- Preheat oven to 180 C (fan forced, 200 C conventional oven)
- Line a baking tray with non-stick baking paper add all the vegetables
- Drizzle with the oil and toss to gently coat, spread out in a thin layer.
- Roast the vegetables for 35 mins, tossing once.
- Increase oven temperature to 200 C, roast for a further 40 mins, stirring occasionally until well browned,
- Remove from oven and cool.

- Heat the oil in a saucepan over medium heat, add the garlic and cook stirring for 2 minutes
- Stir in the tomato paste, oregano and sugar.
- Cook stirring for 4-5 minutes or until the paste caramelizes and darkens.
- Add the cooled roasted vegetables, 750mls (3 cups) water stock, orzo and corn.
- Cook stirring occasionally for 8-10 minutes or until orzo is just al dente.
- To make the topping, combine the feta, olives, parsley and lemon zest in a small bowl.
- Serve into bowls and add topping on top.