ROASTED CARROT SOUP WITH SUNFLOWER SEED CRUMBLE

The crumble makes an ample amount but it’s so good, you could also use it to top fruit and yogurt!

Makes 4 to 6 servings

INGREDIENTS

Sunflower seed crumble:
(makes about 1 cup)
1/3 cup sunflower seeds (can substitute chopped almonds or pecans)
2 tablespoons old-fashioned rolled oats
2 packed tablespoons chopped pitted date, ideally soft medjool (about 2 medium dates)
1 tablespoon melted coconut oil
1/8 teaspoon ground cinnamon
1/8 teaspoon kosher salt, or to taste

Roasted carrot soup:
(makes about 6 cups)
1 tsp sweet paprika
1 tsp ground cumin
1/8 tsp ground ginger
1/8 tsp ground cinnamon
Kosher salt and freshly ground black pepper
2 lbs carrots (about 8 large carrots), trimmed and peeled
1 small or 1/2 large sweet onion, chopped
Extra-virgin olive oil
4 to 5 cups low-sodium vegetable stock (homemade or purchased)

DIRECTIONS

- To make the crumble, on a cutting board using a large, sharp knife, chop together the seeds, oats, and date until finely chopped and starting to clump together. Transfer to a bowl and stir in the coconut oil, cinnamon, and salt. Mix well.

- Preheat the oven to 375F. Line a baking sheet with parchment paper. Spread the crumble in an even layer and bake, stirring once or twice, until fragrant and lightly browned, 8 to 10 minutes. Transfer to the bowl to cool completely.

- Increase the oven temperature to 425F. In a bowl, mix together the paprika, cumin, ginger, cinnamon, 1 tsp salt, and 1/4 tsp pepper. Cut the carrots into thick spears, all roughly the same size (halved crosswise, and halved or quartered lengthwise). Add the carrots and onion to the baking sheet and drizzle with a few tablespoons of olive oil. Sprinkle with the spice mixture and toss well to combine. Roast until the carrots are very tender and slightly caramelized, turning once or twice, 25 to 30 minutes.

- Transfer the carrots to a blender and add 4 cups stock (do this in batches if necessary [I did this in 2 batches]). Puree until very smooth. Transfer to a saucepan. Thin with a little more stock to the consistency you like, as needed. Warm over medium-low heat, stirring, until hot. Taste and adjust the seasoning with salt and pepper if needed. Serve in soup bowls, garnished with the sunflower seed crumble.