

Providing compassionate care and hope to people facing cancer

## ***Creamy Carrot Soup with Roasted Vegetables: Fall 2025 BW 3***

### ***Ingredients***

3 tablespoons extra-virgin olive oil, plus more for drizzling  
2 scallions, sliced (white and green parts separated)  
2 tablespoons chopped peeled fresh ginger  
2 cloves garlic, smashed  
5 carrots, chopped  
½ teaspoon freshly ground pepper  
1 14-ounce can light coconut milk  
1 can (15 oz) Cannellini beans, do not drain  
1 medium butternut squash, seeded and chopped into 3/4-inch pieces  
3 cups roughly chopped broccoli florets and tender stems (about 1 head)  
1 cup whole milk plain yogurt  
1 teaspoon turmeric  
4 slices crusty bread, cut into 1-inch pieces, plus more bread for serving

### ***Instructions***

For squash:

1. Preheat the oven to 450 degrees F. Heat 1 tablespoon olive oil in a large wide pot or Dutch oven over medium-high heat. Add the scallion whites, ginger and garlic and cook, stirring occasionally, until softened, about 2 minutes. Stir in the carrots and season generously with pepper. Add the coconut milk, beans with their liquid and 3 cups water. Cover and bring to a boil over high heat. Uncover and cook, stirring occasionally, until the carrots are very tender, 18 to 20 minutes.
2. Meanwhile, toss the squash, broccoli and bread with the remaining 2 tablespoons olive oil and pepper on a rimmed baking sheet. Roast, stirring, until the vegetables are tender and browned and the bread is toasted, about 15 minutes.
3. Puree the soup with an immersion blender (or transfer to a regular blender in batches and puree); season pepper. Divide the soup among bowls. Drizzle with olive oil and top with the vegetable-crouton mixture and scallion greens.
4. Mix together the plain yogurt and turmeric. Top with yogurt and serve with bread.

Providing compassionate care and hope to people facing cancer

***Carrot-Ginger Soup with Roasted Vegetables: Fall 2025 BW 3***



*Nutrition Tip*

*This vibrant soup brings together a blend of warming flavors and powerful nutrients. Carrots and squash are rich in beta-carotene, which supports immune health. Ginger and turmeric add not just cozy spice, but natural anti-inflammatory properties. It's a nourishing and flavorful way to enjoy the season's harvest and support wellness as the weather cools down.*