ROASTED CARROT SOUP

This soup is the ultimate comfort food. *The recipe is modified from Deborah Madison's Vegetable Soups.*

1 pound carrots, peeled & cut into chunks  
a few potatoes, peeled and cut into chunks  
1 large onion, cut into chunks  
5 garlic cloves, peeled  
2-4T olive oil  
salt & pepper  
2 thyme sprigs or 1-2T dry thyme  
1 bay leaf  
1 quart vegetable or chicken (or turkey) stock or water

OPTIONAL: cream, milk, sour cream

Preheat oven to 425

ROAST THE VEGETABLES:  
Toss the vegetables with olive oil and season with 1/2t. salt & some pepper.  
Put them in a large backing dish with thyme, bay leaf and garlic, and roast until tender and glazed, about 1 hour, turning 2-3 times

COOK VEGETABLES & STOCK:  
Transfer the vegetables to a soup pot, add the stock, and bring to a boil.  
Simmer until carrots & potatoes are soft, about 20 minutes.  
Puree with immersion blender or in food processor until smooth.  
Return the puree to the pot, season with salt & pepper.

EXTRA ADD-INS:  
I added about 2T soy sauce and ½ cup whole milk.  
You can add cream or swirl with sour cream or crème fraiche.