

Roasted Autumn Vegetable Soup

1 large onion, cut into large chunks
4 large carrots peeled and cut into 1 1/2" pieces
6 medium parsnips peeled and cut into 1 1/2" pieces
4 cups winter squash, cubed
2 serving cooking spray (5 one second sprays per serving)
3 cups fat free chicken broth
1/2 cup fat free evaporated milk
1/8 tsp salt
1/9 tsp pepper

Preheat oven to 400. In a large roasting pan, combine onion, carrots, parsnips and squash. Coat with cooking spray. Roast for 15 minutes. Place vegetables in a large pot; add broth and milk. Season to taste. Cook for 10 minutes to allow flavors to combine. Transfer mixture to a blender or food processor, or use an immersion blender in pot, and blend 4-5 minutes. Add more water or broth to achieve desired thickness.

Makes 8 (1 1/2 cups) servings @ 2 points