

Vegetable Soup with Broccoli and Carrots

Learn how to make delicious roasted vegetable soup with broccoli, carrots, and herbs. This healthy Turkish-inspired recipe is perfect for cold days.

5 min

PREP

25 min

COOK

30 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

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Ingredients

- 2 carrot
- 1 onion
- 1 potato
- 1 broccoli
- 3 clove garlic
- 5 sprig fresh oregano
- 3 tbsp flour
- 3 tbsp butter
- 0 olive oil
- 1 tsp salt
- 1 tsp black pepper
- 4 cup vegetable broth

Instructions

- 1 Prepare the vegetables**

Wash and peel 2 carrots, then cut into 1/2-inch pieces. Cut 1 broccoli head into small florets. Peel and dice 1 onion. Mince 3 cloves garlic.
- 2 Start the soup base**

Heat 3 tablespoons olive oil in a large pot over medium heat until shimmering, about 1-2 minutes. Add the diced onion and cook, stirring occasionally, until soft and translucent, about 5 minutes.
- 3** Add the minced garlic and cook, stirring constantly, until fragrant, about 30 seconds.
- 4** Add the carrots and cook, stirring occasionally, for 3-4 minutes until they begin to soften slightly.
- 5** Pour in 4 cups water and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes until carrots are tender when pierced with a fork.
- 6** Add the broccoli florets and cook for 3-4 minutes until bright green and tender-crisp.
- 7** Remove 5 sprigs fresh thyme leaves from stems and add to the pot along with 1 teaspoon salt and 1 teaspoon black pepper.
- 8** Stir in 3 tablespoons butter until melted and well incorporated, about 1 minute.

Tips

Cut all vegetables into similar-sized pieces to ensure even roasting and cooking times.

Don't overcrowd the baking sheet when roasting vegetables - use two sheets if necessary for proper browning.

Taste and adjust seasoning after blending, as roasted vegetables can vary in intensity.

For extra depth of flavor, add a splash of white wine to the pot before adding the stock.

If you prefer a chunkier texture, blend only half the soup and stir the smooth portion back into the chunky vegetables.

Roast vegetables until they're golden brown and slightly caramelized for maximum flavor development.

Add delicate herbs like parsley or cilantro after blending to preserve their fresh taste and vibrant color.

For a richer soup, stir in a tablespoon of cream or coconut milk just before serving.