



North African-inspired Chermoula Paste adds incredible depth of flavor to this velvety soup. A sprinkle of roasted pepitas adds a contrasting and nutty crunch.

Creamy Carrot Chermoula Soup

Yield: 8 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per serving)
Onion, diced	1	Calories 140 Fat 9g Cholesterol 0mg Sodium 1170mg Carbohydrate 15g Fiber 3g Sugars 6g Protein 3g
Celery stalk, sliced	1	
Olive oil	2 tbsp	
Medium carrots (about 1 lb)	4	
Large parsnip (about 1/4 lb)	1	
Medium sweet potato (about 3/4 lb)	1	
SupHerb Farms Fusions® Chermoula Paste, divided	3 tbsp	DIETARY STATEMENTS
Salt and pepper	1/2 tsp	Vegetarian / Vegan Dairy Free Egg Free Nut Free
Vegetable broth	8 cups	
Roasted salted pepitas	1/2 cup	

PREPARATION

1. Cook onion and celery in olive oil over medium heat until softened, about 3 minutes.
2. Peel and chop carrots, parsnips and sweet potato; add to pot, along with 2 tbsp Chermoula Paste, salt and pepper. Cook, stirring, until vegetables are softened, 5 to 7 minutes.
3. Add broth; bring to boil. Reduce heat, cover and simmer for 15 minutes. Uncover and simmer for another 10 minutes.
4. With immersion blender, or in batches in blender, blend until smooth.

TO SERVE

Toss pepitas with remaining Chermoula Paste.
Ladle soup in bowls; sprinkle with pepitas.

TIPS

- Before sprinkling each bowl with pepitas, drizzle with plain yogurt whisked with a splash of fresh lemon juice and chopped fresh mint, if desired.
- For an equally delicious variation, sweet potato can be replaced with butternut squash or parsnips can be replaced with rutabaga.
- For a richer soup, stir in up to 1 cup heavy cream and heat through just before serving.