

Low-Glycemic Roasted Carrot Soup with Cauliflower

Velvety roasted carrot soup enhanced with cauliflower to lower glycemic impact. Rich, warming flavors without the blood sugar spike—perfect comfort food.

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 4

GL 5.2 / GI 26

Ingredients

Cut into 1/2-inch pieces for even roasting 1 pound carrots, peeled and cut diagonally

Lowers glycemic load while adding creaminess 1 pound cauliflower florets

Healthy fats slow glucose absorption 3 tablespoons extra-virgin olive oil, divided

Plus more to taste 3/4 teaspoon fine sea salt, divided

Provides aromatic base 1 medium yellow onion, chopped

May support healthy insulin function 2 cloves garlic, minced

Anti-inflammatory spice 1/2 teaspoon ground coriander

Supports metabolic health 1/4 teaspoon ground cumin

Use low-sodium for better control 4 cups vegetable broth, low-sodium

Adjusts consistency 2 cups water

Adds richness and slows digestion 1 to 2 tablespoons unsalted butter

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Brightens flavor and may lower glycemic response 1 1/2 teaspoons fresh lemon juice

Instructions

Step 1

Preheat your oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper. Prepare the carrots by peeling and cutting them diagonally into 1/2-inch thick pieces. Cut the cauliflower into similar-sized florets for even roasting.

Step 2

Spread the carrots and cauliflower on the prepared baking sheet. Drizzle with 2 tablespoons of olive oil and sprinkle with 1/2 teaspoon salt. Toss everything together until the vegetables are evenly coated, then arrange in a single layer without crowding. Roast for 30-35 minutes, tossing halfway through, until the vegetables are caramelized at the edges and fork-tender.

Step 3

While the vegetables roast, heat the remaining 1 tablespoon olive oil in a large Dutch oven or soup pot over medium heat. Add the chopped onion and 1/4 teaspoon salt. Sauté for 5-7 minutes, stirring occasionally, until the onion becomes soft and translucent.

Step 4

Add the minced garlic, ground coriander, and cumin to the pot. Stir constantly for 30-60 seconds until the spices become fragrant and coat the onions. Pour in the vegetable broth and water, scraping up any flavorful browned bits from the bottom of the pot with a wooden spoon.

Step 5

Transfer the roasted carrots and cauliflower to the pot. Bring the mixture to a boil over high heat, then reduce to a gentle simmer. Cook uncovered for 15 minutes to allow the flavors to meld together and the vegetables to soften completely.

Step 6

Remove the pot from heat and let cool for 5 minutes. Working in batches if necessary, carefully transfer the soup to a high-speed blender (do not fill past the maximum line). Add the butter and lemon juice. Blend on high speed for 1-2 minutes until completely smooth and creamy.

Step 7

Taste and adjust seasonings, adding more salt, black pepper, lemon juice for brightness, or an additional tablespoon of butter for extra richness. Blend briefly to incorporate. Serve hot, garnished with fresh herbs, a drizzle of olive oil, or toasted seeds if desired.

Step 8

Store leftovers in an airtight container in the refrigerator for up to 4 days, or freeze in portions for up to 3 months. For best blood sugar management, pair with a protein source and eat after consuming a small salad or non-starchy vegetables.