

Blood Sugar-Friendly Roasted Carrot Soup with Cumin

Velvety roasted carrot soup designed for stable blood sugar. Fiber-rich carrots paired with healthy fats create a satisfying, low-glycemic meal that won't spike glucose.

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 4

GL 7.5 / GI 27

Ingredients

Low GI vegetable, high in fiber and beta-carotene carrots, peeled and cut diagonally

Healthy fat that slows glucose absorption extra-virgin olive oil, divided

fine sea salt, divided

Low GI, adds flavor and prebiotic fiber yellow onion, chopped

May support healthy glucose metabolism garlic cloves, pressed or minced

Anti-inflammatory spice ground coriander

May help regulate blood sugar ground cumin

Choose low-sodium to control blood pressure vegetable broth, low-sodium preferred

water

Adds richness and slows digestion unsalted butter

May improve insulin sensitivity fresh lemon juice

Enhances nutrient absorption freshly ground black pepper

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Instructions

Step 1

Set your oven to 400°F and prepare a large rimmed baking sheet with parchment paper. Peel the carrots and slice them diagonally into half-inch thick pieces to maximize caramelization surface area while maintaining fiber structure.

Step 2

Arrange carrot pieces on the prepared baking sheet, drizzle with 2 tablespoons olive oil and sprinkle with half the salt. Toss gently to coat evenly, then spread in a single layer without crowding. Roast for 30-40 minutes, flipping halfway through, until edges are golden and carrots pierce easily with a fork.

Step 3

While carrots roast, heat the remaining tablespoon of olive oil in a large soup pot or Dutch oven over medium heat. Add the chopped onion with a pinch of salt and sauté for 6-8 minutes, stirring occasionally, until softened and translucent but not browned.

Step 4

Stir in the minced garlic, ground coriander, and cumin, cooking for about 45 seconds while stirring constantly until wonderfully fragrant. Pour in the vegetable broth and water, scraping any flavorful bits from the bottom of the pot with a wooden spoon.

Step 5

Transfer the roasted carrots directly into the pot with the broth mixture. Bring everything to a boil over high heat, then reduce to a gentle simmer. Let the soup cook uncovered for 15 minutes, allowing the flavors to meld and develop complexity.

Step 6

Remove the pot from heat and allow to cool for 5 minutes for safe blending. Working in batches if needed, carefully transfer the soup to a high-speed blender, filling no more than halfway to prevent overflow. Add the butter, lemon juice, and black pepper.

Step 7

Blend on high speed until completely smooth and velvety, about 60-90 seconds. Taste and adjust seasoning with additional salt, pepper, or lemon juice as desired. For extra richness that further stabilizes blood sugar response, you can add an additional half tablespoon of butter if preferred.

Step 8

Serve the soup warm, ideally after eating a small portion of non-starchy vegetables or protein to optimize glucose response. Store leftovers in airtight containers in the refrigerator for up to 4 days, or freeze in individual portions for up to 3 months for convenient blood sugar-friendly meals.