

# Roasted Squash and Raw Carrot Soup

Yield: 8 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-soup-in-a-jar-recipe>

## Ingredients:

- 1 butternut squash small, about 2 1/2 pounds, split lengthwise, seeds removed
- 1/2 cup extra-virgin olive oil
- ground black pepper
- kosher salt
- 2 thyme sprigs
- 2 cloves garlic
- 1 onion medium, finely sliced, about 1 1/2 cups
- 1 1/2 quarts carrot juice fresh, see note
- 1/4 cup chopped parsley optional
- 1/4 cup pumpkin seeds toasted, optional