

Roasted Garlic and Lemon Soup

This curiously strong yet light soup can be served hot or chilled. To enhance the lemon flavor if lemons are less available, add fresh lemon balm in May or June when it pops up in gardens, or add a good dash of powdered sumac.

To make a thicker soup, add some cooked legumes (white beans, garbanzoes will maintain the light color) before blending the soup or cooked grains (quinoa, brown rice, wild rice...) after blending.

Ingredients

- 1 large head garlic (green garlic if available)
- olive oil, enough to drizzle on garlic cloves,
- 2 Tablespoons olive oil
- 2 cups yellow onion, chopped
- 1 Tablespoon flat leaf parsley, finely chopped
- 1 Tablespoon fresh thyme leaves, finely chopped
- 15 cloves garlic, peeled
- 4 cups vegetable stock, low sodium or broth from cooking beans
- 2 Tablespoons fresh lemon juice
- ½ cup coconut milk (optional)
- ¾ teaspoon salt
- to taste, black pepper, freshly ground
- for garnishing, fresh parsley and lemon zest

Method

1. Preheat the oven to 350F. Drizzle the garlic head with olive oil, wrap in foil and place in the oven for 1 hour, or until lightly golden and very soft and fragrant. Let garlic cool until it can be handled. Using your fingers, gently squeeze the cloves to release them from their skins into a bowl, and set aside. Discard the skins.
2. In a medium-sized heavy-bottom stock pot or saucepan, heat the olive oil over medium-high heat. Add the onions, parsley, and thyme and cook until the onions are just softened, about 3 minutes. Add the fresh and roasted garlic, and cook, stirring often, until the onions are translucent, about 3-4 minutes more. Add the stock and lemon juice, turn down the heat and let the soup simmer, covered, for 35-40 minutes, or until the garlic is very tender.
3. Working 1-2 cups at a time, process the soup using an immersion blender or a blender that

sits on a base. If using a blender with base, work 1-2 cups at a time and transfer the blended soup to another saucepan. (Note: be careful not to overwhelm the blender; never fill a blender with hot liquid more than half-way full and make sure the lid is on securely before processing.) If using an immersion blender, purée soup right in the pan. Add the (optional) coconut milk, salt and pepper and return the mixture to a simmer. Be careful to not let the soup boil or it may curdle.

4. Add additional salt and pepper to taste, garnish with fresh parsley and lemon zest, and serve.

Source: [modified from thespruce.com](#) (Servings: 4 | Yield: 4 small servings)
