



## Winter Soup

### Ingredients

- 1/2 cup broccoli
- 1/2 cup asparagus
- 1 cup russet potatoes
- 1/2 cup yellow onion
- 1 can garbanzo beans
- 1/2 cup carrots
- 1 1/2 pints of half and half
- 2 tablespoon [Fustini's Garlic olive oil](#)
- 2 tablespoons flour
- 1 cup chicken broth
- 1/4 cup [Fustini's Herbs de Provence olive oil](#)
- 1/2 cup parmesan cheese
- 1 teaspoon [Fustini's Pyramid Flake sea salt](#)

### Directions

#### Step 1.

Preheat oven to 350. Wash all vegetables, peel carrots and potatoes. Chop all veggies into bite-size pieces. Toss in Herbs De Provence EVOO, add salt and pepper to taste. Roast in the oven at 350 for 10-15 minutes.

#### Step 2.

In a large saucepan on medium heat add Garlic olive oil and allow to heat; once heated, add in flour and stir well. Let brown. Stir in 1/2 cup chicken broth until combined - add the rest of the chicken broth, and stir well. Slowly add half and half - Then cheese, allow to melt and combine. Taste test cream. If you want it thicker, add more cheese - if too thick, add more cream. Stir in roasted vegetables, simmer on medium-low heat for 10-20 minutes to let flavors come together. Top with Pyramid Flake Salt and enjoy!