

COOK & NOURISH



Roasted Carrot and White Bean Soup With a Lemon-Herb Finish



A PRACTICAL COMPANION TO THE GUIDE

Roast carrots for depth, blend with white beans for body, and finish with lemon and herbs, with a cook-and-adjust workbook for four generous bowls.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

THE HEARTH KITCHEN / RECIPE CARD



Roasted Carrot and White Bean Soup With a Lemon-Herb Finish

4 SERVINGS / READ THE FULL GUIDE BEFORE COOKING

INGREDIENTS

- 1½ pounds carrots, cut into one-inch pieces
- 1 medium onion, chopped
- 3 garlic cloves, chopped
- 2 tablespoons olive oil, divided
- 2 × 15-ounce cans white beans, drained and rinsed
- 4 cups low-sodium vegetable broth, plus extra
- ½ teaspoon dried thyme
- ½ teaspoon ground cumin
- ½ teaspoon fine salt, adjusted to taste
- 1 lemon, black pepper, and 2 tablespoons chopped parsley

METHOD

01. Heat oven to 425°F. Toss carrots with 1 tablespoon oil and some salt. Roast 25–35 minutes until tender and browned, turning once.
02. Soften onion in the remaining oil for about 8 minutes. Add garlic, thyme, and cumin for 30 seconds.
03. Add broth, beans, and roasted carrots. Simmer gently for 10 minutes.
04. Remove from heat and blend safely. Thin with broth as needed. Adjust salt and test lemon in a spoonful.
05. Serve with optional reserved beans, parsley, pepper, and lemon wedges.

Leftovers: refrigerate promptly in shallow containers within 2 hours, or 1 hour above 90°F. Keep at 40°F or below; use within 3–4 days or freeze. Reheat leftovers to 165°F.

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EXERCISE 01

Prepare the ingredient check

Record the carrot weight, bean type, broth brand, and starting salt. Note dietary needs and check packaged ingredients. Mark the garnish portion before blending. A useful ingredient check captures the items most likely to alter thickness or seasoning, rather than duplicating every word of the recipe.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Map the overlapping cook

Write the order: heat oven, prepare carrots, begin roasting, soften onion, add aromatics and broth, combine, simmer, blend, finish. Record the carrot tenderness check. Leave room for actual timing. This sequence helps you use the roasting interval without rushing the garlic or overlooking the pan.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 03

Record the texture adjustment

Note the broth added after blending and the final texture. If reserving chunks, record how much you removed before blending and whether the carrots were fully tender. Keep the adjustment specific enough to repeat. “Too thick” is less useful than “added half a cup of broth after blending.”

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 04

Use the spoon test

Draw three small tasting spaces: base, salt adjustment, lemon adjustment. Record what improved the flavor before changing the pot. Note the garnish choices at the table. A spoon test protects the full batch and lets you compare a small change without making another meal.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 05

Plan the second meal

Write how many portions remain, container sizes, cooling time, refrigerator date, and the planned lunch or freezer destination. Record any extra broth needed on reheating. Keep the garnish separate. The second-meal plan should be made while the pot is still being divided, not after a container has sat forgotten.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 06

Keep the household version

Record one preferred adjustment and one thing to leave unchanged next time. Note whether the finish-in-the-bowl setup helped different preferences. Do not change roasting, bean quantity, herbs, and acidity all at once. A stable base makes the next cook easier to understand.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE
