



Roasted Garlic Soup

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	40 MIN		10

Roasted garlic soup is a creamy and flavorful dish made with slow-roasted garlic blended into a smooth, rich soup. Roasting transforms garlic into a sweet and mellow ingredient, creating a deep and comforting flavor. This easy recipe is perfect for cozy meals and special occasions. It delivers a restaurant-quality dish using simple ingredients and minimal effort.

Ingredients

- 2 whole garlic bulbs
- 2 tablespoons olive oil
- 4 cups broth (chicken or vegetable)
- 1 small onion, chopped
- ½ cup cream (*optional*)
- Salt and pepper to taste
- Optional: thyme or parsley

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 40 minutes
- Total Time: 50 minutes
- Servings: 4
- Course: Soup
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Slice the tops off garlic bulbs and drizzle with olive oil.
3. Wrap in foil and roast for **30-35 minutes** until soft.
4. Heat oil in a pot and sauté onion until soft.
5. Squeeze roasted garlic into the pot.
6. Add broth and simmer for **10 minutes**.
7. Blend until smooth.
8. Stir in cream if using.
9. Season with salt and pepper.

10. Serve warm.

Cooking Tips

- Roast garlic until soft and golden
- Blend well for smooth texture
- Add cream slowly for desired richness

Variations

- Add potatoes for thicker soup
- Add cheese for extra richness
- Use coconut milk for dairy-free version
- Add herbs for more depth

What to Serve with Roasted Garlic Soup

- Crusty bread
- Salad
- Sandwiches

- Roasted vegetables

Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

Reheating

Reheat gently on the stovetop.

Frequently Asked Questions

Does roasted garlic taste strong?

No, it becomes sweet and mild.

Can I make it vegan?

Yes, skip cream or use plant-based milk.

Can I freeze this soup?

Yes, for up to 2 months.

Recipe Author

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