

EASY CARROT SOUP

Ingredients

2-3 Tbsp olive oil
1 large Spanish onion, chopped
2-3 cloves garlic, minced
6-8 large carrots, peeled, halved lengthwise & sliced (about 4 cups)
2 medium potatoes, peeled & diced (about 2 cups)
Salt & pepper, to taste
6 c. vegetable stock (I use 4 Tbsp. vegetable soup mix dissolved in 6c. boiling water)

Method

- In a large stock-pot, sauté onions, garlic, carrots & potatoes in olive oil over medium- high heat for about 5 minutes until beginning to soften
- Add stock
- Bring to a boil
- Cover. Reduce to medium heat & simmer 20 minutes or until carrots & potatoes are soft
- Serve & Enjoy!

Variation: If you prefer a puréed soup, you can purée with a hand blender or in the processor. You can even add some milk or cream to enjoy “Cream of Carrot”!