



## *Healthy Eating & Weight Loss*

### **Savory Carrot Soup**

- 1 tbsp vegetable oil
- 1 small onion, chopped
- 2 cloves garlic, minced or crushed
- 2 lbs carrots
- 1 medium potato
- 4 cups vegetable stock
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 tsp basil
- Pinch Salt, Pinch Pepper

Peel and chop carrots and potato and place in a large saucepan with the vegetable stock. Bring to a boil, cover and simmer until tender (10-15 minutes)

Meanwhile, heat oil in a small skillet and add onions, salt, pepper, garlic and herbs. Saute until onions are soft and add to the carrot mixture.

In blender or food processor, puree everything together and transfer back to your large saucepan or dutch oven. Simmer 8-10 minutes and serve hot.

Garnish with coriander and serve. Makes 6 very large servings

**100 calories per serving,**

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