

Purée of Carrot Soup

Yield: 8 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, swap onion for green part of green onions or chives and omit sugar or swap for maple syrup

Ingredients

2 Tbsp olive oil
4 lbs carrots, small dice
2 cups onion, small dice
1 tsp sugar or maple syrup
½ tsp cinnamon
6 cups water
1 large Idaho potato, starchy, small dice
1 Tbsp thyme leaves, removed from the stem
Salt, kosher (to taste)
Pepper (to taste)

Directions

1. Heat olive oil (2 Tbsp) in a large saucepan over medium heat.
2. Add carrots (4 lbs), onions (2 cups), sugar (1 tsp), and cinnamon (½ tsp). Gently sweat until the vegetables begin to soften (10 minutes). If they begin to brown, reduce heat.
3. Add water (6 cups), potato, and thyme (1 Tbsp), and bring to a simmer.
4. Cover and continue cooking for 35–40 minutes until the vegetables are very tender.
5. Use a blender or immersion blender to purée soup until smooth. If the soup is too thick, add a little water to reach desired consistency. Add salt and pepper to suit your taste.



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Nutrition Facts

Serving size 1 (17.5oz)

Amount Per Serving **496 g**

Calories **179**

% Daily Value

Total Fat 4g **6%**

Saturated Fat 0.6g **3%**

Cholesterol **0%**

Sodium 455mg **0%**

Total Carbohydrate 35g **12%**

Dietary Fiber 8g **31%**

Sugars 13g

Protein 4g **7%**

Vitamin A **758%**

Vitamin C **33%**

Calcium **11%**

Iron **7%**