

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%