

Foodnity Recipes

# Carrot Potato Soup Recipe

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| **15 min**<br>Prep time | **25 min**<br>Cook time | **40 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 4 large carrots, peeled and sliced
- [ ] 2 medium potatoes, peeled and cubed
- [ ] 4 cups low-sodium vegetable broth
- [ ] 1 tsp fresh thyme leaves
- [ ] Salt and pepper to taste

## Instructions

1. Heat olive oil in a large pot over medium heat. Add the onion and garlic, sauté until soft and fragrant, about 3-4 minutes.
2. Stir in the carrots and potatoes, letting them coat in the aromatic base. Cook for another 2 minutes, then pour in the vegetable broth.
3. Bring the mixture to a gentle boil, then reduce heat and simmer until the vegetables are fork-tender, roughly 15 minutes.
4. Using an immersion blender, purée the soup until smooth. If you prefer a silkier texture, blend in batches in a countertop blender.
5. Season with thyme, salt, and pepper. Finish with a drizzle of olive oil and serve hot.

### Nutrition per serving

| 210 kcal | 4 g | 28 g | 8 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra depth, roast the carrots beforehand—see roasted carrot soup.
- If you like a vegan boost, stir in a spoonful of miso paste after blending.
- Add a pinch of smoked paprika for a subtle smoky note.