

Foodnity Recipes

One Pot Creamy Vegetable Soup Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 3 large carrots, peeled and diced
- [ ] 3 celery stalks, diced
- [ ] 2 medium potatoes, peeled and diced
- [ ] 1 medium zucchini, diced
- [ ] 4 cups vegetable broth
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp nutmeg
- [ ] 1 cup heavy cream or coconut milk
- [ ] 2 tbsp fresh parsley, chopped (for garnish)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic, and sauté until soft and fragrant, about 5 minutes.
2. Add the carrots, celery, and potatoes to the pot. Cook for another 5 minutes, stirring occasionally.
3. Pour in the vegetable broth, and add the thyme, bay leaf, salt, pepper, and nutmeg. Bring to a boil, then reduce the heat to low, cover, and let it simmer for 15 minutes.
4. Add the zucchini and cook for another 5-7 minutes, until all the vegetables are tender.
5. Stir in the heavy cream or coconut milk, and let the soup warm through for about 5 minutes. Do not boil.
6. Taste and adjust the seasoning if needed. Remove the bay leaf, and garnish with fresh parsley before serving.

Nutrition per serving

250 kcal	4 g	28 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother soup, use an immersion blender to partially blend the soup before adding the cream.
- If you prefer a chunkier soup, skip the blending and enjoy it as is.
- This soup is great with a side of crusty bread or a sprinkle of grated cheese on top.