



Recipe

Title Homemade Carrot Soup

Ingredients

600g carrots
2 stalks celery
1 large onion
1 clove of
garlic
1 ltr veg stock
2 tbsp olive
oil
salt & pepper

4 large portions

132 Calories
per portion

Method

Roughly chop the veg, add olive oil and sweat in a pot until golden brown. Add the stock and season with salt and pepper. Cover and bring to the boil then simmer for 10 minutes. Blend the soup until smooth and serve.