



Martine's Cream of Carrot Soup

Makes Approximately 3-4 Servings 30 minutes or less

Directions

- Step 1** **Peel Garlic**
- Step 2** **Heat oil (olive, coconut) in large saucepan over medium heat.**
- Step 3** **Add garlic, onion, salt, pepper, and cook, stirring until onion is softened.**
- Step 4** **Add vegetable broth, carrots, sweet potato, and water. Bring to a boil over high heat.**
- Step 5** **Cover, reduce heat and simmer until vegetables are tender, about 15 minutes**
- Step 6** **In a food processor or blender, puree the soup as many times as needed (add water to thin the soup to taste).**
- Step 7** **Before serving stir in basil.**
- Step 8** **Garnish each bowl with sour cream (if desired) and chives.**

INGREDIENTS

- 1 or 2 garlic cloves**
- 1 Onion, chopped**
- ½ tsp. salt (sea or himalayan)**
- ½ tsp. ground black pepper**
- 5 cups organic vegetable broth**
- 3 cups carrots, thinly sliced**
- 1 sweet potato, peeled and cubed**
- 1 cup water (approximately)**
- 1 cup fresh basil, chopped**
- ¼ cup sour cream or plain yogurt (organic)**