

Curried Carrot Soup

Serves: 4 | Serving size: 1 ½ cups

Ingredients Needed:

- 2 teaspoons canola or olive oil
- 1 medium onion, chopped
- 4 large carrots, peeled and sliced
- 4 cups chicken/vegetable broth or water with bouillon cube
- ½ teaspoon lemon juice
- 1 teaspoon curry powder
- ¼ teaspoon salt
- ⅛ teaspoon black pepper



Directions:

1. In a medium saucepan sauté onion in oil until tender.
2. Add carrots, broth, lemon juice, curry powder, salt, and pepper.

Stir together.

3. Bring to a boil. Cover and simmer for 20 minutes or until carrots are tender.
 4. Remove from heat and mash well with a potato masher or blend in a blender until smooth.
 5. Pour blended soup back into a pot or saucepan, reheat until hot.
- Serve hot.