

## **CARROT SOUP**

### **Ingredients**

2 tablespoon olive oil  
1 large onion, chopped  
3 garlic cloves, smashed  
1kg carrots, peeled roughly chopped  
1 teaspoon thyme  
4 cups vegetable stock  
½ tsp salt  
½ tsp white pepper



Heat the oil in a large pot over medium heat. Add the oil, and onions. Cook until onions are translucent, stirring occasionally, about 4 minutes but don't let them brown. Add the carrots, thyme, garlic and cook for 30 secs until garlic becomes fragrant.

Add stock and bring to a boil, then reduce the heat and simmer for 15 minutes until the carrots are very tender.

Blend until smooth. Season with salt and pepper to taste. If your soup is too thick, add a little water.

Can be frozen for a quick and easy mid week meal.