

## Carrot Soup



Serves 6

### Ingredients:

- 500 g carrots, coarsely chopped
- 1 large onion, coarsely chopped
- 1 small unpeeled potato, coarsely chopped
- 2 tbsp olive oil
- 1 tsp fresh thyme
- 2 cups vegetable stock
- 2 tbsp fresh ginger, peeled & chopped
- 2 tbsp peanut butter
- 2 tbsp fresh lemon juice
- Salt & pepper to taste

**Procedure:**

- Sauté the vegetables in the olive oil over medium heat for 5 minutes to release their flavors.
- Add the herbs and broth, and cook until soft, about 15 to 20 minutes.
- Puree in two batches in a blender.
- Add the ginger, peanut butter, lemon juice, salt, and pepper.
- Mix well and serve hot.

**Per serving:**

- Calories: 135
- Protein: 2 gm
- Carbohydrates: 15 gm
- Fat: 6 gm

This is a creamy but very healthy soup.