

Carrot Soup with Cumin

Portion Size: 8 fl oz Yield: 8

Ingredients:

Carrots	1.5 lbs
Canola Oil	2 TBSP
Onion, Finely Diced	1-1/2 cup
Celery, Diced	1/2 cup
Garlic Cloves, Crushed	3/4 tsp
Ground Cumin	3/4 tsp
Low Sodium Vegetable Broth	5 cups
Kosher Salt	1 tsp
Ground Black Pepper	1/4 tsp
Lime Juice	1 TBSP
Cilantro, Chopped	1 tsp

Preparation:

1. Peel and chop carrots.
2. Heat oil in stock pot, add carrots, onions, celery, garlic, and cumin and sauté until caramelization begins.
3. Add vegetable broth to pot and bring to a simmer.
4. Add salt and pepper. Simmer for ~60 minutes until carrots are tender.
5. Puree soup with blender.
6. Stir in lime juice and cilantro.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
80	2	13	3	5.5	3.5	0	390



FLIK-USA.com/blog



FLIK Hospitality
Group



@FLIKHospitality