



Carrot and Coriander Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~2 cups

Ingredients

1 tablespoon extra-virgin olive oil
2 medium onions, chopped (about 2 cups)
1½ pound carrots, chopped (about 4 cups)
1 medium Russet or Yukon Gold potato, chopped (about 6-8 ounces)
2 tablespoons ground coriander
½ teaspoon salt
Pinch cayenne
4 cups (32 ounces) low-sodium vegetable broth
1 cup water
½ lime, juiced (about 1 tablespoon)
½ teaspoon ground black pepper
6 tablespoons chopped cilantro or parsley, divided

Directions

1. Heat a large pot or Dutch oven over medium heat. Add the oil and heat until shimmering.
2. Add the onion and cook until softened, about 5-7 minutes.
3. Add the carrots, potato, coriander, salt, and cayenne. Cook until fragrant, about 1-2 minutes.
4. Add the broth and water. Bring to a boil over high heat. Reduce the heat to maintain a simmer.
5. Cover the pot with a lid and cook until the carrots and potatoes are tender, about 20-25 minutes.
6. Transfer a third of the broth-vegetable mixture to the pitcher of a blender. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes, then transfer the mixture to a large heatproof bowl. Repeat with any remaining broth-vegetable mixture.
7. Return the soup to the pot and place over high heat. Bring to a simmer, then remove from the heat.
8. Add the lime juice and black pepper. Stir to combine.
9. Serve warm, topping each serving with 1 tablespoon of the cilantro or parsley.

Nutrition Facts Per Serving: Calories: 105 | Total Fat: 2.5 g | Saturated Fat: 0.5 g
Sodium: 300 mg | Total Carbohydrate: 20.5 g | Dietary Fiber: 4 g | Protein: 2.5 g

For more recipes, please visit www.nutrition.va.gov