

Hearty Carrot and Potato Soup

Warm up with this comforting and nutritious carrot and potato soup. Perfectly seasoned and creamy, it's an ideal solution for a quick meal that's both delicious and wholesome.



Soup

30 min

Total time

easy

Difficulty

220

kcal / serving

Ingredients

- 1 medium carrot, diced
- 1 medium potato, diced
- 1/2 small onion, chopped
- 1 clove garlic, minced
- 2 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 Heat olive oil in a pot over medium heat.
- 2 Add chopped onion and minced garlic, sauté until the onion is translucent.
- 3 Add diced carrots and potatoes, stirring for a few minutes.
- 4 Pour in the vegetable broth and bring to a boil.
- 5 Reduce heat and let simmer for 15–20 minutes until the vegetables are tender.
- 6 Use an immersion blender to puree the soup until smooth, or blend in batches if necessary.
- 7 Season with salt and pepper to taste.
- 8 Serve hot, garnished with fresh parsley.