

## Carrot and Cilantro Soup

submitted by bashsoiled



Per serving: 32 Calories • 6.6g Carbs (1.5g Fiber) • 0.1g Fat • 0.5g Protein

### Ingredients

*Ingredients scaled to: 6 serving*

4 large (7-1/4" to 8-1/2" long) **Carrots** (288 grams)

1/4 large **Onions** (37.5 grams)

1/2 cup **Fresh cilantro** (8 grams)

4 cup **Vegetable Broth** (960 grams)

### Directions

*Directions are based on the original recipe of 6 servings*

1. Chop the onion. Chop the carrots into 1" pieces.
2. Place the carrots, onion, vegetable broth and cilantro into a large saucepan. Bring to a boil, and cook until the carrots are tender, about 10 minutes. Remove from heat and allow to cool slightly.
3. Puree the soup until smooth, using a blender or food processor. Reheat before serving if necessary.