# Puree of Carrot and Potato Soup

## INGREDIENTS

- 1 lb. Carrots
- 1 Medium Russet Potato
- 2 Tbsp. Unsalted Butter
- 1 Medium Onion (peeled, chopped)
- 1 clove garlic (peeled, crushed)
- 1 Qt. + 1/2 C. Vegetable or Chicken Broth or Stock
- Dash Salt
- Dash of Pepper

## INSTRUCTIONS

1. Gather Ingredients
2. Peel Carrots and trim ends. Cut into roughly same size pieces about 1/2-1 inch thick.
3. Peel potato and cut into pieces about same size as carrots.
4. In heavy bottomed pot, heat butter over low to medium heat.
5. Add onion, garlic and carrots and cook for 2-3 minutes until onion is translucent (~2-3 minutes)
6. Add 1/2 cup of broth
7. Add remaining stock and increase heat to medium-high to bring to boil. Then lower and simmer 15 minutes until can be pierced easily with a fork.
8. Remove from heat and puree in blender (small batches)
9. Return soup back to pot and simmer adding more stock to desired thickness. Season with Salt and Pepper.

SERVING SIZE: ~4 Servings
Onion Nutrition Facts:
• High in vitamin C, onions are a good source of dietary fiber, and folic acid.
• They also contain calcium, iron, and have a high protein quality (ratio of mg amino acid/gram protein).
• Onions are low in sodium and contain no fat.
• Onions contain quercetin, a flavonoid (one category of antioxidant compounds). Antioxidants are compounds that help delay or slow the oxidative damage to cells and tissue of the body.