

Warm Winter Vegetable Carrot & Thyme Soup

Prep Time: 10 m | Total Time: 40 m

INGREDIENTS

- 1/4 cup diced celery
- 1/4 cup diced baby carrots
- 1/4 cup diced red onion
- 1 cup fresh spinach
- 1 cup well steamed baby carrots
- 2 tbsp. plain yogurt
- 2 tbsp. cream cheese
- 3 cups low sodium vegetable broth
- 2 tbsp. olive oil
- 2 tbsp. flour
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried sage (rubbed)
- 1 tsp. turmeric
- 1 tbsp. fresh thyme leaves (no stems) for garnish
- 2 tsp. kosher salt
- 2 tsp. fresh ground pepper



DIRECTIONS

1. Add oil, celery, baby carrots and onions to a saucepan.
2. Cook on medium high heat until lightly browned.
3. Remove from heat and sprinkle in the flour. Stir in well.
4. Return to medium heat and stir constantly for 4 minutes.
5. Add the dried oregano, thyme and sage.
6. Turn off the heat and stir in the low sodium vegetable broth.
7. Add the spinach, cooked baby carrots and turmeric.
8. Insert a stick immersion blender or add contents to a conventional blender.
9. Purée on high until well blended.
10. Add the yogurt and cream cheese and blend again until smooth.
11. Return the contents to the pan and turn on low until it begins to simmer.
12. Stir in the salt and black pepper and simmer on low for 15 minutes.
13. Pour into a bowl or coffee mug and garnish with a pinch of finely chopped, fresh thyme.

Serves 6