



Carrot & Fennel Soup

4 servings
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced)
- 3 Carrot (medium, peeled, chopped)
- 1/2 bulb Fennel (medium, chopped)
- 1 Apple (peeled, chopped)
- 4 cups Chicken Broth, Low Sodium
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	136
Fat	5g
Carbs	19g
Fiber	4g
Sugar	11g
Protein	6g
Cholesterol	0mg
Sodium	416mg
Vitamin A	7949IU
Vitamin C	9mg
Calcium	56mg
Iron	2mg

Directions

- 1 In a large saucepan, heat the oil over medium-high heat. Add the onion and cook until translucent, about three to five minutes.
- 2 Add the garlic and ginger and cook until fragrant, about one minute. Add the remaining ingredients and bring to a boil. Simmer for 20 minutes, or until the carrots are fork tender.
- 3 Transfer soup to a blender, or use an immersion blender, and blend until smooth. Divide evenly between bowls, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving size is equal to approximately one cup.

Additional Toppings: Top with your choice of cooked protein. Fresh herbs like dill, parsley, or fronds from the fennel.