

# SOUP

Serves: 6 - 8

Glycemic Load: 4



## Summer Carrot & Coriander

### Ingredients:

1 Tbsp deodorized [coconut oil](#)  
4 large carrots, peeled and chopped  
1 large onion, chopped  
900ml vegetable stock  
1 large bunch fresh coriander, roughly chopped  
Salt and pepper to taste

### Method:

Heat the oil in a large saucepan over medium heat.  
Sauté the carrots and onion for a few minutes until the onion has softened a little.

Pour in the vegetable stock and add the coriander.  
Bring to the boil, and cook until the carrots are tender, about 10 minutes.

Remove from heat and allow to cool slightly.  
Puree the soup until smooth, using a hand blender or food processor.

Adjust seasoning to taste.

Reheat gently before serving, if necessary.