

## BROCCOLI AND CARROT SOUP

Preparation Time: 10 MINUTES

Cooking Time: 25 MINUTES

Servings: 4 SERVINGS

Recipe from: ThriftyFoods.com

### INGREDIENTS:

- 2 cups broccoli florets
- 2 medium carrots, peeled and sliced
- 1 medium baking potato, peeled and sliced
- 2 garlic cloves, sliced
- 4 cups vegetable stock
- 1/2 tsp. dried thyme
- 1 cup 2% milk
- Salt and freshly cracked black pepper to taste



### METHOD:

1. Place first 7 ingredients into a pot. Bring to a simmer and cook until vegetables are very tender, about 20 minutes.
2. Puree soup in a blender or food processor, and then return to the pot. Add milk, salt and pepper. Heat through, and serve.