
Vegetable Soup with Parsley-Lemon Drizzle

Description

Light and cleansing, this soup and its topping can help detox your system after many indulgent holiday meals.

Total time: 30 min Yield: 4 servings

Ingredients

1-2 Tbsp + 1/4 cup olive oil
1 cup onion (chopped)
1 cup celery (sliced in 1/2" pieces)
1 cup carrots (sliced in 1/4" coins)
1 tsp oregano
1 bay leaf
4 tomatoes (chopped)
1 cup vegetable broth
6 clove garlic (minced, divided)
4 cup water
1 tsp salt
1/4 tsp black pepper
1 cup parsley (minced)
1/2 lemon (juiced)

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

Heat 1 to 2 tbsp. of olive oil in a large pot and add the onion, celery and carrots. Sauté for a few minutes, then add in the oregano and bay leaf. Blend one of the chopped tomatoes with the vegetable broth and add in with tomatoes, 4 cloves of minced garlic, water, salt and pepper. Bring to a boil, then reduce heat and cook for about 15 minutes or until the carrot is tender.

While the soup is cooking, make the parsley drizzle. Start by mincing the parsley and combine with 1/4 cup olive oil, lemon juice, 2 cloves of minced garlic and salt, to taste, in a small processor and blend until smooth.

Serve soup hot, top with parsley-lemon drizzle and enjoy with your favorite bread rolls or crackers.

Recipe brought to you by:

