

Creamy Carrot Soup



1 tbsp olive oil
1 yellow onion, chopped
2 cloves garlic, chopped
2 tsp salt
1 tsp fennel seeds
4 cups carrots, cleaned, dried, cut into 1 inch coins
4 cups vegetable stock
Fresh dill or parsley

1. Heat 4 quart pot over medium heat and add oil.
2. Add onion and garlic with salt, stir to coat with oil and sauté for 3-4 minutes.
3. Add the fennel seeds, carrots, and vegetable stock; cover and bring to boil.
4. Reduce to a simmer and cook until carrots are tender, about 20-30 minutes.
5. Blend soup in blender until smooth. You can also leave soup chunky and skip the blending.
6. Garnish with dill or parsley.

Yield: 5 cups

From: *The Great American Detox Diet*