

Carrot Soup with Coriander



This light and fresh carrot soup can be served hot or cold.

- 127 Calories per serving
- .5 g Saturated Fat per serving
- 170 mg Sodium per serving

Ingredients

- + 2 tsp **olive oil** (extra virgin preferred)
- + 1 small **onion** (chopped)
- + 2 medium **garlic cloves** (chopped)
- + 1 Tbsp ground **coriander** PLUS
- + 1/8 tsp ground **coriander** (divided use)
- + 1 lb **carrots** (cut into 1-inch pieces)
- + 2 1/2 cups **water**
- + 1 cup fresh **orange juice**
- + 1/8 tsp **salt**
- + 1/4 cup fat-free **sour cream**
- + 2 tsp fresh **lemon juice**
- + 1 Tbsp chopped, fresh **cilantro**

Directions

1. In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion and garlic for 3 to 4 minutes, or until soft, stirring occasionally.
2. Stir in 1 tablespoon coriander. Stir in the carrots, water, orange juice, and salt. Reduce the heat to medium and bring to a simmer. Reduce the heat to low and simmer, covered, for 15 to 20 minutes, or until the carrots are very tender.
3. Meanwhile, in a small bowl, whisk together the sour cream and remaining 1/8 teaspoon coriander. Set aside.
4. In a food processor or blender (vent the blender lid), process the soup in batches until smooth. Stir in the lemon juice.
5. Top each serving with a dollop of the sour cream mixture. Sprinkle with the cilantro.