

SERVINGS

4

PREP

5 min

COOK

35 min

DIFFICULTY

Medium

Creamy Vegetable Soup

PAGE 10

**DIRECTIONS**

**INGREDIENTS**

1 large onion

4-5 medium carrots, peeled

4 celery sticks

1 tablespoon olive oil

Salt

1 teaspoon crushed red pepper flakes

1 pound thin-skinned potatoes

3 garlic cloves, peeled and halved

3 cups chicken or vegetable stock

2 bay leaves

3 sprigs fresh thyme

1/4 cup coconut milk

Chop carrots, onion, and celery into 1/2-inch chunks. Chop the potatoes into 1/2-inch chunks, but set aside from other vegetables.

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada libero, sit amet commodo magna eros quis urna.

Nunc viverra imperdiet enim. Fusce est. Vivamus a tellus.

[© TemplateLab.com](https://templatelab.com/)