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SERVINGS

4

PREP

5 min

COOK

35 min

DIFFICULTY

Medium

Creamy Vegetable Soup

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**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.

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

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