

Bite Spoon

Cream of Vegetable Soup Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Vegetable Base

- [ ] 2 tablespoons butter or olive oil
- [ ] 1 medium yellow onion, chopped
- [ ] 2 ribs celery, chopped
- [ ] 3 medium carrots, chopped
- [ ] 2 medium potatoes, peeled and diced
- [ ] 4 cups vegetable broth
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper

For Finishing

- [ ] 1/2 cup heavy cream
- [ ] Fresh parsley or chives for garnish (optional)

Instructions

1. In a large pot, melt the butter over medium heat. Add the chopped onion and celery. Cook, stirring now and then, for about 5 minutes, until they’ve softened and smell fragrant.
2. Add the chopped carrots and potatoes to the pot. Pour in the vegetable broth and add the salt and pepper. Bring it to a boil, then reduce the heat to a simmer. Cover the pot and let it cook for 15-20 minutes, until the potatoes and carrots are completely tender when pierced with a fork.
3. Turn off the heat. Carefully use an immersion blender to puree the soup right in the pot until it’s completely smooth. If you're using a standard blender, let the soup cool slightly, then blend in batches, venting the lid.
4. Return the pureed soup to the pot if you used a blender. Stir in the heavy cream. Warm it over low heat for just a minute or two—do not let it boil. Taste and adjust seasoning if needed.
5. Ladle the soup into bowls, garnish with a sprinkle of fresh herbs if you like, and serve immediately. It’s wonderful with a slice of crusty bread for dipping.

Nutrition per serving

220 kcal	4 g	25 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, you can sauté the vegetables in a mix of butter and a little olive oil.
- If you don't have an immersion blender, a regular blender works perfectly—just be cautious with the hot liquid.
- Leftovers will keep in the fridge for up to 3 days.