

Recipe Name: Roasted Garlic Potato Soup Recipe
Diet Type:
Course: Appetizer
Cuisine: Continental
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Potatoes (Aloo) - boiled and cubed	4
• 3 cloves Garlic	
• 1 teaspoon Rosemary - dried	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• 1 teaspoon Extra Virgin Olive Oil	
• 4 cloves Garlic - thinly sliced	
• 1 teaspoon Extra Virgin Olive Oil	

Preparation

- Roast the garlic until it changes color and also gives out a good aroma.
- Blend the potatoes, the roasted garlic, rosemary, salt and pepper adding water to get a smooth soup puree.
- Add just enough water to get the desired consistency.
- If you like it thicker then you can add less water.
- Once well blended, pour the Roasted Garlic Potato soup into a saucepan and bring it to a boil and turn off the heat.
- Check the salt and pepper, adjust to suit your taste.
- While the soup is boiling, we will roast the garlic for garnishing.
- In the same skillet we roasted the garlic above, add the olive oil and the sliced garlic.
- Roast until the garlic turns golden brown.
- Pour the Roasted Garlic Potato soup into bowl and garnish it with more roasted garlic.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	40	10	3	2

