

Treasure Barrel

Czech Garlic Soup – Satisfying Warm Meal

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Czech** Cuisine

Ingredients

Main Ingredients

- [ ] 4 large garlic cloves, peeled and minced
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, sliced into thin rounds
- [ ] 3 medium potatoes, diced ½-inch cubes
- [ ] 4 cups low-sodium vegetable broth
- [ ] 1 tsp caraway seeds
- [ ] 1 tsp dried thyme
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. In a large pot, warm the olive oil over low heat, then add the minced garlic and diced onion; sauté gently until the onion turns translucent and the garlic releases its sweet aroma.
2. Add the sliced carrots, diced potatoes, and toasted caraway seeds; stir to coat everything with the oil and aromatics.
3. Pour in the vegetable broth, sprinkle in the dried thyme, and bring the mixture to a gentle boil; then reduce to a simmer and cook for about 20 minutes, or until the potatoes are just tender.
4. Season with salt, pepper, and a brief splash of lemon juice; finish by stirring in fresh parsley and removing from heat.
5. Serve hot, optionally with crusty rye bread or toasted croutons for added texture.

Nutrition per serving

210 kcal	6 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the broth before serving; a pinch of extra lemon brightens the flavor.
- If you prefer a thicker soup, mash a few potato pieces against the side of the pot.
- For a smoky twist, add a pinch of smoked paprika alongside the thyme.