

Date Night Soup | For Valentine's Day

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-valentine-s-day-cookies-recipe>

Ingredients:

- extra virgin olive oil for sauté
- 1 yellow onion diced
- 2 stalks celery diced
- 3 cloves garlic minced
- 2 sprigs fresh thyme just the leaves
- 1/2 lemon
- 4 cups vegetable stock
- 2 cups water
- salt to Taste very important!
- 1/2 teaspoon pepper
- 1/4 teaspoon coriander
- 1 teaspoon dried parsley
- 1 pinch cayenne optional
- fresh herbs if you like, to serve

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 8 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1150 milligrams
8. Sugar: 4 grams

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