

# Carrot Soup



## Ingredients:

- 1 tablespoon extra-virgin olive oil or butter
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1/2 tsp dried thyme or parsley
- 5 cups chopped carrots
- 2 cups water
- 4 cups chicken or vegetable broth
- 1/2 cup half-and-half (optional)
- 1/2 tsp salt
- Pepper to taste

## Directions:

1. Heat butter or oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring,

until fragrant, about 10 seconds.

2. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.
3. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

*Cover and refrigerate for up to 4 days or freeze for up to 3 months.*

Recipe source: Eating Well

Serving size: 2 cups; makes 8 servings

Per serving: 176 calories; 8 g fat(3 g sat); 5 g fiber;  
22 g carbs; 7 g protein; 8 mg cholesterol; 9 g sugars