



of Servings: 8

Serving Size: about 2 Cups

Carrot Recipe Name Carrot Soup

Ingredients

1 tbsp butter
1 tbsp extra-virgin olive oil
1 medium onion, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 tsp chopped fresh thyme or parsley
5 C chopped carrots
2 C water
4 C reduced-sodium chicken broth,
“no-chicken” broth (see note) or
vegetable broth
½ C half-and-half (optional)
½ tsp salt
Freshly ground pepper to taste



Directions

Heat butter and 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.

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.

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.

To make ahead: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

Ingredient Note: Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “no-chicken” broth, it can be found with soups in the natural-foods section of most supermarkets.

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