

CARROT SOUP

From [eatingwell.com](https://www.eatingwell.com)

This easy carrot soup recipe is a great way to use up a bag of carrots that were forgotten in your produce drawer. The carrots cook together with aromatics like onions, garlic and fresh herbs before being puréed into a silky smooth soup that's delicious for dinner or packed up for lunch.

Active Time: 40 mins | Additional Time: 10 mins | Total Time: 50 mins
Yield: 8 servings, about 1 cup each



NUTRITION PROFILE

Egg-Free Gluten-Free Healthy Immunity
Low-Calorie Nut-Free Soy-Free

INGREDIENTS

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

DIRECTIONS

STEP 1

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.

STEP 2

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.

NUTRITION FACTS

Per serving: Serving Size about 2 cups 176 calories; total carbohydrate 22g; dietary fiber 5g; total sugars 9g; protein 7g; total fat 8g; saturated fat 3g; cholesterol 8mg; vitamin a 26874iu; vitamin c 13mg; folate 40mcg; sodium 486mg; calcium 81mg; iron 1mg; magnesium 28mg; potassium 795mg



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