

# *My* **Recipe Obsession**

## **Carrot Soup**

- *Serves:* 6
- *Hands-on Time:* 10-15 minutes
- *Cooking:* 45 minutes

### Ingredients:

- 5 large carrots, trimmed, peeled, and cut into 2 cm disks or pieces
- 2 large potatoes, peeled, and cut into several chunks
- 2 medium onions, peeled and coarsely chopped
- 2 tbsp. butter, margarine, or olive oil
- 4 cups of no salt added chicken broth
- 2 tsp. dried thyme
- 1 tsp. salt
- ½ tsp freshly ground black pepper
- One, 354 ml can of evaporated milk
- salt and pepper, to taste

### Steps:

1. In a large saucepan or Dutch oven, heat the butter (or margarine or oil), add the chopped onions and sauté until they are soft and translucent but not browning.
2. Add the prepared carrots and potatoes and sauté for another 5 minutes.
3. Add the thyme, 1 tsp. salt, ½ tsp. freshly ground pepper, and broth to the vegetables and bring to a boil. Cover, reduce the heat and simmer for 45 minutes or until the vegetables are very soft and tender.
4. Use an immersion blender to purée the soup. Alternatively, strain the soup, reserving the liquid in the pot and placing the vegetables in a food processor or blender for puréeing. Return the puréed vegetables to the pot with the broth and stir to combine. If you want to freeze the soup, do so at this point before the milk is added.
5. Stir in the evaporated milk. After the milk has been added, be careful not to let the soup boil.
6. Taste, and adjust seasonings if necessary.

### Variations:

- Use beef or vegetable broth, or water in place of the chicken broth.



- You can replace the thyme with a teaspoon or so of curry.
- You can replace the evaporated milk with coconut milk or water for a vegan friendly soup.