

Carrot Soup

Got a bag of carrots? This simple soup is a great way to get your beta carotene intake, along with the number of health benefits that carrots have to offer.

Ingredients

2 pounds Carrots, peeled and sliced
2 large Gala or Fuji apples, peeled, cored and sliced
1 large White Onion, roughly chopped (about 2 cups)
1 Leek, white and light green parts only, halved, thoroughly cleaned and sliced (about 1 cup)
2 cloves Garlic, roughly chopped (about 1 tablespoon)
5 tablespoons Extra Virgin Olive Oil
8 cups low sodium Vegetable or Chicken Broth
1 tablespoon Heavy Cream
¼ teaspoon ground White Pepper
½ teaspoon Salt + additional or to taste
Fresh Dill sprigs for garnish

Preparation

Heat olive oil in a large cast iron or other large pot on medium –high heat. Add onions and leeks and sprinkle with a pinch of salt. Sauté until softened, about 5-7 minutes. Add garlic and sauté 2 minutes longer. Add carrots and sauté until slightly softened, about 5 minutes. Add apples and sauté 2 minutes longer. Add broth and bring to a boil, simmer (partially covered) until carrots and apples are very tender, about 20-25 minutes. Remove from heat and puree mixture with a hand blender until very smooth. Bring soup back to a low simmer; stir in heavy cream, white pepper and salt. Ladle in bowls and garnish with dill sprigs.

Makes 4-6 Servings