



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
Jan Elliott Evans, PhD, RD, CNSD  
Registered Dietitian  
drevans@ub-well.com  
www.ub-well.com  
(804) 339-3200

## **CARROT SOUP**

***(WWW.EATINGWELL.COM)***

***Makes 8 – 1 cup servings***

- 1**      **tablespoon of butter**
- 1**      **tablespoon extra-virgin olive oil**
- 1**      **medium onion, chopped**
- 2**      **cloves garlic, chopped**
- 1**      **stalk celery, chopped**
- 1**      **teaspoon 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 of half-and-half (optional)**
- ½**      **teaspoon salt**
- Freshly ground pepper (to taste)**

### **Preparation:**

- **Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4-6 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.**

### **Tips and Notes:**

- **Make Ahead Tip: Cover and refrigerate for up to 4 days, or freeze for up to 3 months.**
- **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 the soups in the natural-foods section of most supermarkets.**