

# Carrot Soup

From – *eatingwell.com*

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 cups chopped carrots  
2 cups water  
4 cups chicken or vegetable broth  
1/2 cup half-and-half (optional)  
1/2 tsp salt  
Freshly ground pepper to taste

- 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. Stir in half-and-half (if using), salt and pepper.



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