



Creamy Carrot Soup

Ingredients

- **1 tbsp.** vegetable oil
- **1 tbsp.** butter
- **1** medium onion
- **A few** sprigs of thyme
- **1** bay leaf
- **1 tsp.** grated ginger (optional)
- **6** medium-sized carrots, washed and peeled
- **1 liter** of vegetable or chicken stock
- salt and pepper
- **¼ cup** 18 % or heavy cream

Directions

1. In a heavy saucepan, heat oil and butter. Add onions and sauté until transparent. Add carrots, herbs, vegetable stock, a little salt and pepper.
2. Bring mixture to a boil and reduce to just above a simmer and cook until the carrots are very tender.
3. Remove the herbs and purée the mixture until smooth in a blender or using an immersion blender.
4. Taste and adjust seasonings. Add cream and stir to blend.

5. Soup is delicious garnished with a dollop of sour cream and/or the carrot top pesto.
6. P.S. If a velvety smooth texture is desired, strain the soup through a fine mesh strainer.