

Hope Ridge Farm



Carrot Soup

Recipe

Ingredients:

2 ½ lbs.	Carrots
3 slices	White bread, crusts removed
1	Onion, large
2 quarts	Chicken or vegetable stock or water, to cover carrots by 1"
1 teaspoon	Thyme, fresh
1 tablespoon	Ginger, fresh, thinly chopped
2 tablespoons	Butter or olive oil
	Salt & pepper to taste

Instructions:

- Clean and chop carrots into ½" rounds and chop onions.
- Sauté, together, in butter or olive oil until onions are tender.
- Add thyme and sauté for 1-2 minutes.
- Add stock or water and cook until carrots are tender, 20-30 minutes.
- Add bread, cook for 5 additional minutes then remove from heat.
- Whiz soup in blender until smooth, add stock / water if too thick.