

CARROT SOUP

Serves: 4
Vegan and Gluten-free

Ingredients

- 2 lb carrots
 - 1 large onion
 - 4 cups vegetable stock
 - Olive oil
 - Salt and pepper
 - Honey
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- VEGAN OPTION
 - Use molasses or agave syrup instead of honey

Cost per Serving

Using organic ingredients:

32 oz = \$7.08

8 oz = \$1.77

Skills Practiced

- Measuring
- Dicing
- Sauteing
- Blending
- Adding seasoning to taste

Nutrition Notes

Beta-carotene gives carrots their beautiful orange color! It helps our bodies make Vitamin A and is a powerful antioxidant.

Eating carrots helps to keep our cells and skin happy, vision strong, and immune systems healthy.

Instructions

1. Dice onions
2. In a large soup pot, heat 2 TBSP olive oil. When oil is hot, add onions, and stir occasionally, until soft and golden.
3. While onions are cooking, dice carrots. The smaller they are, the faster they will cook.
4. When onions are soft, add carrots and a splash of vegetable stock. Cover pot. Every few minutes, give carrots a stir. Add stock as necessary to prevent sticking. But you don't want to boil the carrots. A little color (caramelization) will add flavor.
5. When carrots are soft, add enough stock to cover carrots half way.
6. Using immersion blender, blend until soup is smooth and creamy. Add stock as necessary for desired consistency.
7. Add salt, pepper and honey to taste.

