



CARROT SOUP

INGREDIENTS

1 Tbsp unsalted butter
1 large onion, chopped
5 large carrots, chopped
1 Tbsp vegetable oil
2 tomatoes, peeled, seeded and chopped (or) 1 can of plum tomatoes
1 large potato, peeled and chopped
½ cup fresh orange juice
grated fresh orange zest (to taste)
3 - 6 cups of chicken stock
1 Tbsp dried oregano
salt & pepper (to taste)
1/2 cup cream (optional)

Melt the butter in a large pot. Add the onions and cook over low heat until tender. Add chopped carrots, tomatoes, potato, orange juice, oregano and 2 cups of the chicken stock. Bring to a boil. Reduce heat and simmer until carrots and potatoes are tender.

Pour the softened vegetables through a strainer, reserving the liquids. Transfer the solids to the bowl of a food processor fitted with a steel blade. Process until smooth. Add only enough of the reserved liquids to achieve the desired consistency. (You may not need all 4 cups of stock.)

If you prefer a very smooth-textured soup, pour the finished soup through a fine-mesh strainer and press any remaining solids against the strainer with the back of a spoon.

Return the (strained) soup to the pot and reheat. Add orange zest, salt, and pepper to taste. Add cream, if desired. Do not boil once the cream has been added.