

# YUMMY CARROT SOUP



## Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 stalks of celery, chopped
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 1 teaspoon fresh thyme
- 2 cloves of garlic, minced
- 3 pounds of carrots, washed peeled and chopped
- 4 cups chicken bone broth (chicken stock can be used if desired)
- 2 cups water
- Salt and pepper to taste
- $\frac{1}{2}$  Cup sour cream for garnish

## Instructions:

1. Sauté onion and celery in olive oil with salt and pepper until softened and translucent. Add garlic and thyme and sauté for twenty seconds until fragrant.
2. Add bone broth, water and carrots and bring to a boil over high heat. Reduce the heat and simmer for 25 to 30 minutes.
3. When carrots are fork-tender remove from heat and puree. An immersion blender can be used or the soup can be pureed in a blender in batches. (Use extreme caution with hot liquids.)
4. Taste and add salt and pepper if needed. (This soup is especially good when well-seasoned with black pepper.)
5. Serve with a dollop of sour cream as garnish.