



Simple Carrot Soup



Prep	Cook	Ready In
15 m	45 m	1 h 10 m

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Recipe By: Lee Crowell

"This soup is low-calorie, high-flavor comfort food and favorite in my house on a chilly autumn evening."

Ingredients

4 cups chopped carrots
 3 cups fat-free chicken broth
 1/2 onion, sliced
 water to cover

4 cloves garlic, smashed
 1 teaspoon dried thyme
 1/2 teaspoon dried tarragon
 2 tablespoons heavy whipping cream (optional)



Carrots Peeled Baby
 2 pkg For \$3.00 -
 expires in 6 days

Directions

- 1 Combine carrots, chicken broth, and onion in a large pot. Pour enough water into the pot to assure the ingredients are covered; add garlic, thyme, and tarragon.
- 2 Bring the liquid to a boil, reduce heat to medium-low, place a cover on the pot, and simmer the mixture until the carrots are very tender, 40 to 50 minutes.
- 3 Remove pot from heat and cool soup for 10 minutes. Puree soup with an immersion blender or mash vegetables with a potato masher and whisk the soup until smooth.
- 4 Return pot to medium heat and cook until reheated, about 5 minutes. Stir cream through the soup.

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