

July 10, 2016

Carrot Soup

Servings: 4

- 3 tablespoons butter
- 1 cup carrots, sliced
- 1/2 cup onions, diced
- 4 cups chicken broth
- 1 bay leaf
- 1/2 teaspoon salt
- 1 teaspoon basil, dried
- 1 teaspoon sugar
- 1/2 teaspoon nutmeg, fresh, grated
- 1/3 cup rice, uncooked
- 1/8 teaspoon white pepper

Sauté sliced carrots in butter for 5 minutes without browning. Add onion and sauté for 3 minutes more. Add chicken broth, bay leaf, salt, basil, sugar, nutmeg, and rice. Cover and simmer for 30 minutes. Remove bay leaf and puree in Cuisinart.

Add pepper and season to taste. Serve now, or let cool, place in containers and store in refrigerator.

