



## **Creamy Carrot Soup Recipe**

(Serves 4-6)

4 T unsalted butter  
½ large onion, roughly chopped  
4 cups thinly sliced carrots  
1 clove garlic, crushed  
1 cup milk  
2 t salt  
¼ t white pepper  
½ cup half and half (cream)  
parsley for garnish  
ground nutmeg for garnish

In a large saucepan, melt the butter, then saute the onion, carrots and garlic, cooking gently over medium heat for about 10 minutes, or until slight softened. Add the milk, salt, and white pepper and stir to combine. Cover the pan and continue cooking for about 20 minutes. Cool slightly, then puree in a blender.

Place cream in a bowl and whisk in a little of the pureed soup. Add this mixture back into the pan with the remaining soup. Gently heat through, on very low heat, without boiling, then divide soup among bowls. Garnish with herbs, and nutmeg.

