



# Carrot Soup

4 - 6 servings

## INGREDIENTS

- 1 Tbsp oil
- 1 Stalk celery
- 1 Medium onion
- 2 Cloves garlic, minced
- 5 - 7 Medium carrots, chopped
- 2 Cups water
- 4 Cups vegetable or chicken broth
- 1 Tbsp Salt
- 1/2 tsp pepper
- 1/2 cup half and half (optional)

## DIRECTIONS

1. Heat oil in a large pan over medium heat until warm. Add onion and celery; cook, stirring occasionally, until softened, 4 - 6 minutes. Add garlic; cook until fragrant, about 10 seconds.
2. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat and cook until very tender, about 25 minutes.
3. Blend soup in batches until smooth (use caution blending hot liquids). Add half and half if desired. Enjoy!



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