



Carrot Soup at Schmitt's Farmstand on Sound,
Riverhead N.Y.

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Ingredients

- Two bunches of carrots (8 to 10), scrubbed, peeled or unpeeled and tops removed
- One large onion, peeled and sliced
- 4 cups chicken or vegetable broth
- Salt & pepper

Directions

1. Put onion in soup pot with olive oil and bring to a sweat.
2. Add carrots and toss for about 5 minutes.
3. Add chicken or vegetable broth just to cover veggies.
4. Bring to a boil and then a simmer for about 15 minutes, until carrots are tender.
5. Add salt and pepper to taste.
6. Let cool a little and then puree in blender.
7. When ready to serve, warm up

I like to add all or some of these additional ingredients: tarragon, some fresh chopped dill, a dollop of sour cream or a butter patty on top and let melt in.

This is a very easy low fat soup if you choose. Enjoy!