



CARROT & CILANTRO SOUP

INGREDIENTS

- 1½ lbs carrots, peeled and sliced
- 1 onion, finely chopped
- 1 tablespoon butter
- 1 bay leaf
- 4¾ cups chicken broth or water
- 1 tablespoon chopped parsley
- 1 tablespoon chopped cilantro
- 4 tablespoons heavy cream
- Salt and freshly ground pepper to taste

INSTRUCTIONS

1. Add carrots and onions to saucepan with butter. Cook for 10 minutes or until they begin to soften.
2. Add bay leaf, broth and salt and pepper to taste.
3. Bring to boil and then simmer on low for 25 minutes.
4. Add parsley and cilantro and simmer for an additional three minutes. Remove bay leaf.
5. Puree the mixture in a blender or with a hand blender.
6. Check consistency – if very thick, add extra water. If very thin, reduce with a rapid boil.
7. Add heavy cream and season to taste.
8. Enjoy!