

## JUMP TO RECIPE

# Easy Carrot Soup

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 mins	30 mins	35 mins	4 to 6 servings

## Ingredients

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### For the soup:

- 2 tablespoons unsalted butter
- 1 large white onion, chopped
- 2 pounds carrots, peeled and chopped
- 3 clove garlic, chopped
- 1 teaspoon dried thyme
- 4 cups vegetable stock
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper, optional
- 4 tablespoons heavy cream, divided

### For the garnish:

- Paprika
- Fresh chives, minced

### DAD ADD: Cheesy Toast Dippers

- 8 baguette slices, about 1/2-inch thick
- 2 tablespoons olive oil
- 1/2 cup Parmesan cheese, finely grated

## Method

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1. Preheat the oven to 400°F:
2. Cook the veggies:

In a large pot over medium heat, add the butter and onions. Cook until the onions turn translucent, 3 to 4 minutes, but don't let them brown at all. Season with a pinch of salt.

Add the carrots, garlic, and dried thyme, and stir together. Cook for 30 seconds, just until garlic becomes fragrant.
3. Add the stock and simmer:

Add the stock and bring mixture to a simmer. Cover and simmer for 15 more minutes until the carrots are very tender.
4. Meanwhile, make the cheesy toast dippers:

Spread your baguette slices out on a baking sheet and drizzle them with olive oil. Then, sprinkle generously with finely grated Parmesan cheese.

Bake toasts at 400°F until edges are browned and Parmesan cheese is starting to turn a light tan color around the edges, about 10 to 12 minutes. Remove the toasts and set aside.

5. Finish the soup:

When the carrots are tender, use an immersion blender right in the pot to blend soup until smooth.

If you don't have an immersion blender, remove the soup from the heat and allow to cool until it isn't steaming hot. Then, you can blend in batches in a standard blender and return it to your pot. Return the blended soup to low heat and season with salt and white pepper, if you wish.

6. Serve the soup:

Ladle the soup into bowls and swirl in about a tablespoon of heavy cream into each bowl. Garnish the soup with a sprinkle of paprika and fresh minced chives. Plus, add a cheesy toast dipper!

Leftover soup keeps well in the fridge for 5 days, or you can transfer it to freezer-safe zip-top bags and freeze it for up to six months. Reheat the soup gently over low heat on the stovetop.

Don't freeze the soup if you've added cream to it, because it will most likely separate. In theory, it would taste the same once it is reheated, but I prefer to stir in fresh cream when serving, and freeze the soup without the cream in it.

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Nutrition Facts (per serving)

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179	10g	19g	5g
<b>CALORIES</b>	<b>FAT</b>	<b>CARBS</b>	<b>PROTEIN</b>