

Creamy Carrot Thyme Soup

September 2014 by Camine Pappas

Serves 4-6

INGREDIENTS:

1 16 ounce package organic carrots, peeled and chopped into large 2 inch chunks
1/3 medium white onion diced
2 T olive oil
6 cups boiling water
2 Knorr beef boullion cubes
1/3 C apple cider vinegar
1 t nutmeg
1/3 C sour cream
2 T honey
1 t fresh thyme leaves
Salt and pepper to taste*



DIRECTIONS:

Bring the water to a boil in a large 8 C measuring bowl. (You can bring the water to boil in the microwave, or boil it in the big pan and then transfer to the glass bowl like I did.) Add the cubes and let steep until dissolved. Add the olive oil to the hot pan, sauté carrots and onions on medium high for about 5 minutes, until onions are nearly caramelized and there are sear or brown marks on the carrots. Add the vinegar and let simmer for about a minute. Then add the nutmeg and then pour in 4 cups of the bullion mixture. (I didn't use the whole 6 cups and I think you need more than 1 cube but less than two for the right taste. You can adjust if you'd like.) Cover and let simmer on low, just with some bubbling, for about 20-30 minutes. Now add the thyme and let simmer for about 10 more minutes. Then with a hand blender (I love my Cuisinart blender!) puree until all carrots and onions are smooth and creamy. (You can of course pour it all in a stand blender and then return to the pan if you'd like.) Now, add the sour cream, and whisk in. Then the honey and whisk in. Serve with a bit of thyme leaves.

**You'll need VERY LITTLE salt if any since the bullion is already very salty. If you add, do so at the end before serving.*