
Cream of Carrot Soup II

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 5

1/2 cup cooked rice
4 large (one pound) carrots, sliced
1 medium onion, chopped
1 small stalk celery with leaves, chopped
2 teaspoons chicken bouillon granules
1 to 1-1/2 cups water
1 teaspoon salt
white pepper
3/4 cup cream

Place the carrots, onion and celery in a saucepan with water and bouillon. Bring to a boil. Cover. Reduce the heat. Simmer for 15 minutes or until the carrots are tender.

When the vegetables are tender, drain most of the liquid into a cup and reserve.

Puree' the vegetables and rice in a food processor or blender until smooth. Add salt and pepper. With the machine running, add the reserved broth. Return the soup to the pot.

If serving immediately, whisk cream into the soup. Adjust the seasoning and heat, but do not boil.

If serving later, refrigerate without cream and add just before reheating.

(If you like cold soups, this one will work beautifully. Add cream to the hot soup and chill.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 147 Calories; 9g Fat (55.5% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 611mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 Fat.