

Carrot Soup with Orange and Tarragon

Phyllis Schmatz - Kansas City, KS
Taste of Home Grandma's Favorites

Servings: 8

Yield: 2 quarts

*2 pounds fresh carrots,
sliced
2 medium onions, chopped
2 tablespoons butter
6 cups reduced-sodium
chicken broth
1 cup orange juice
2 tablespoons brandy
4 teaspoons minced fresh
tarragon OR 1/2 teaspoon
dried tarragon
1 teaspoon salt
1 teaspoon pepper
8 sprigs tarragon*

Preparation Time: 20 minutes

Cook Time: 20 minutes

In a Dutch oven, saute' the carrots and onion in butter for 8 to 10 minutes or until the onion is tender. Add the broth. Bring to a boil. Reduce the heat. Simmer, uncovered, for 10 to 12 minutes or until the carrots are very tender. Cool slightly.

In a blender, process the soup in batches until smooth. Return all to the pan.

Stir in the orange juice, brandy and minced tarragon. Bring to a boil. Reduce the heat. Simmer, uncovered, for 5 minutes to allow the flavors to blend.

Season with salt and pepper. Garnish with tarragon sprigs before serving.

Per Serving (excluding unknown items): 117 Calories; 4g Fat (27.2% calories from fat); 3g Protein; 18g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 335mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat.