

Carrot Thyme Soup

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Servings: 8

3 pounds baby carrots

8 cups vegetable stock

2 sprigs thyme

1/3 cup honey

1/2 cup heavy cream

salt (to taste)

pepper (to taste)

thyme leaves (for garnish)

In a pot, combine the carrots, vegetable stock and thyme sprigs. Bring to a boil. Reduce the heat. Simmer until the carrots are very tender, 45 minutes to one hour. Discard the thyme.

Carefully puree' the soup in a blender in batches (or use an immersion blender). Return to the pot.

Stir in the honey and heavy cream. Warm over low heat (thin with warm stock, if needed).

Season with salt and pepper.

Garnish with a few thyme leaves.

Per Serving (excluding unknown items): 324 Calories; 10g Fat (27.6% calories from fat); 8g Protein; 53g Carbohydrate; 7g Dietary Fiber; 23mg Cholesterol; 1692mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.