

Creamy Carrot Soup

Gardener's Community Cookbook by way of Cathy Smith

3 tablespoons butter
1 onion
1 clove garlic
2 lbs carrots, sliced
1 ½ teaspoons ground coriander
4 cups vegetable or chicken broth
1/2 teaspoon salt
¼ teaspoon black pepper
2 tablespoons flour
½ cup milk
¼ cup cream

1. Melt 1 tablespoon butter in a large dutch oven (large soup pot) over medium heat. Add the onion and garlic and saute 5 minutes. Add the carrots and coriander and saute a couple minutes more. Add 3 cups broth and partially cover the pan, and simmer over medium heat for 30 minutes, or until carrots are tender.
2. Melt the remaining 2 tablespoons of butter in a separate pan. Whisk in the flour and stir over medium heat, without browning, until smooth, about 1 minute. Whisk in the milk and remaining broth and continue stirring until smooth.
3. Add to the carrot mixture, along with salt and pepper, and continue to simmer until carrots are mashable. Puree in a processor or blender, or in the pot with a stick blender (I like to leave some carrot chunks, but you can blend to smooth if you prefer). Stir in cream to gently reheat. Serve warm garnished with parsley or other fresh herbs.