

# Carrot and Orange Soup

*Note: recipe requires a hand-blender or food processor*

## Ingredients

- 1 lb. carrots – peeled and sliced
- 3 tbsp. olive oil
- 1 cup orange juice
- 4 cups vegetable stock
- 1 small onion – roughly chopped
- 3 tsp. fresh thyme – chopped, or 1 tsp. dried thyme
- salt and pepper to taste

## Method

1. Place carrots and oil in a large pan and cook over medium heat for 10 minutes, stirring occasionally.
2. Add the orange juice, stock and onion. Bring to a boil, add thyme, salt and pepper. Reduce heat to minimum, cover, and cook for 20 minutes, or until the carrots are tender. Allow to cool.
3. Process the mixture in batches in a food processor or hand-blender, until smooth. Return mixture to pan and reheat. **(See Tip 2)**
4. Serve in individual bowls, sprinkled with nutmeg, and garnished with a small sprig of thyme, if desired.

Cleanse Friendly  Gluten Free

From The Essential Vegetarian Cookbook, 1996. p 46.