

Peppery Carrot Soup

Susan McEwen McIntosh

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vegetable cooking spray

4 cups carrots, sliced

1 cup celery, sliced

1 cup onion, coarsely chopped

5 cups chicken broth

1/2 cup uncooked regular rice

1/4 teaspoon white pepper

1/4 teaspoon dried whole thyme

2 cups water

1/4 to 1/2 teaspoon salt (optional)

Coat a Dutch oven with cooking spray. Add the carrots, celery and onion. Cover and cook over medium heat for 15 to 20 minutes or until the carrots are tender.

Add the broth, rice, pepper and thyme. Cover and simmer for 30 to 40 minutes.

Pour half of the carrot mixture into the container of an electric blender. Process until smooth.

Repeat with the remaining mixture.

Return the blended mixture to the Dutch oven. Add the water and salt, if desired. Stir well.

Place over low heat until thoroughly heated.

Serve warm.

Yield: 7 cups

Per Serving (excluding unknown items): 496 Calories; 8g Fat (14.6% calories from fat); 32g Protein; 75g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 4120mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 13 1/2 Vegetable; 0 Fat.