

---

# Poppy Seed Carrot Soup

*Katherine E Wimpy*

*Party Recipes from the Charleston Junior League - 1993*

*Proper presentation is what makes this soup special. Serve it in colorful bowls and garnish each serving with a tablespoon of sour cream and a sprinkling of poppy seeds.*

**1/2 cup (one stick) margarine**  
**2 cups chopped onion**  
**2 cans (13-3/4 ounce ea) chicken broth**  
**2 soup cans water**  
**1 pound carrots, thinly sliced**  
**3/4 cup long-grain rice**  
**1 tablespoon dried thyme leaves**  
**1/2 teaspoon white pepper**  
**salt (to taste)**  
**sour cream (for garnish)**  
**poppy seeds (for garnish)**

In a large heavy saucepan, melt the margarine. Add the onions. Saute' until the onions are translucent.

Add the chicken broth, water, carrots, rice, thyme, pepper and salt. Cook over medium heat, stirring frequently, until the mixture comes to a boil. Reduce the heat to low. Cover the pan. simmer for 30 minutes, stirring occasionally.

Remove from the heat. Let cool for 15 minutes. Place half of the mixture into a blender and puree' until smooth. Transfer to a clean saucepan. Repeat the process with the other half of the soup.

When ready to serve, reheat over low heat and garnish with the sour cream and poppy seeds.

Yield: 8 to 10 servings

**Soups, Chili, Stew**

---

*Per Serving (excluding unknown items): 781 Calories; 49g Fat (55.3% calories from fat); 18g Protein; 72g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 2225mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 13 Vegetable; 9 Fat.*