

It's still soup season..... in Kirsten's Kitchen

CREAMY CARROT SOUP

Start to finish 40min approx.

Ingredients:

- 2 tbsp canola oil or 2 tbsp margarine
- 1 medium onion chopped
- 1-2 garlic cloves minced
- 4 cups chicken or veggie broth
- 1 cup water
- 2 1/2 cups sliced carrots(approx. 1/2 inch thick)
- 1/4 cup basmati rice
- 1/4 tsp dry parsley optional
- salt and pepper to taste

Preparation:

- Sauté onions in oil until just tender, approx. 5 minutes.
- Add minced garlic, sauté 30 seconds.
- Add water, broth, carrots, rice, parsley and mix. Bring to boil. Reduce heat and cover, simmer for 20 - 25 minutes.
- Remove from heat and puree with hand blender until smooth.
- Add salt and pepper to taste.

Added by Christine Z. *Thanks Christine!!*

Immune boosting properties in the onions & garlic

I always like to try new recipes the original way first then, add my own flare the second time. All ready I am tempted to change the rice to brown (you will have to adjust cooking time for that – or good for leftover rice from dinner the night before), switch up the oil to olive, add a sprinkle of cayenne for some heat (it won't really change the flavour), Try changing the type of onion it will change the flavour (cooking, spanish, sweet....) and of course more GARLIC

Enjoy!