



Recipe From Phyllis' Kitchen



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SIMPLE CARROT SOUP

4-5 medium-large carrots, peeled and cut into rounds
1 large onion, chopped
2 cloves garlic, minced
2 tablespoons butter/olive oil mixture (equal parts)
3 cups chicken or vegetable broth
1 teaspoon ground cardamom seeds
½ cup plain yogurt or sour cream
Fresh snipped chives for garnish
Salt and pepper to taste

Sauté onions in butter/oil combination over medium heat until they begin to brown, about 7-8 minutes. Add garlic, and stir for a couple of minutes, until fragrant. Add broth, carrots, and cardamom; bring to a boil. Reduce heat to simmer, and cook until carrots are tender, about 12-15 minutes. Remove from heat, add yogurt or sour cream, and puree with an immersion blender or food processor. Add salt and pepper as needed. Serve hot with a sprinkling of chives. Serves 4.