

THE CULINARY

Playground



Creamy Carrot Soup

4 whole Large Carrots, Peeled And Grated
3/4 cup Low Sodium Chicken Broth
1 clove Garlic, Pressed
1/2 whole Lemon, Zested
3/4 cup Half-and-half
1/2 teaspoon lemon juice
1/8 teaspoon Nutmeg
1/4 teaspoon Kosher Salt (or Regular Salt To Taste)
Pinch Black Pepper
Fresh Herbs

Simmer carrots with chicken broth, garlic, and lemon zest for 20 minutes or until tender.
Remove from heat.

In a blender or with an immersion blender,, blend carrots and broth until smooth. Add in half & half and juice of 1/2 lemon. Stir to combine. Add nutmeg, salt, and pepper to taste, checking seasoning as you go.

Pour back into pan and heat soup until just warm, then serve in bowls, garnished with basil.