

Carrot and Sweet Potato Soup with Fresh Thyme

Serves: 6

A creamy puréed soup that is loaded with beta carotene. Save time by using two 1-pound (500-g) bags of peeled baby carrots.

In a soup pot, heat the olive oil. Sauté the onions for 5 minutes. Once the onions are translucent add the minced garlic. Add the thyme, carrots, sweet potatoes, 4 cups (1 L) of stock, the orange juice and bay leaf. Simmer partially covered until the vegetables are tender, 30–40 minutes.

Remove the bay leaf. Purée the soup in the pot with a hand-held immersion blender, or transfer to a blender and purée. If the soup is too thick, add more stock. Season to taste with salt and pepper.

Chef's tip | When blending hot soups in a blender, remove the cap and cover the jug with a dishtowel to allow steam to escape. Never keep the cap on or it will explode from the pressure of the steam.

1 teaspoon (5 mL) olive oil
1 red onion, chopped
2 cloves garlic, minced
1 teaspoon (5 mL) dry thyme or
1 tablespoon (15 mL) fresh thyme,
chopped
2 pounds (1 kg) carrots, peeled and
cut into chunks
2 medium sweet potatoes, peeled
and cut into chunks
5–6 cups (1.25–1.5 L) chicken or
vegetable stock
½ cup (125 mL) orange juice
1 bay leaf
kosher salt
freshly ground pepper