

Creamy Carrot Soup (Vegan)

And

Enhanced Veggie Stock

Submitted by Michelle Broussard-Hanes

Ingredients:

1 large bag of peeled baby carrots, whole
4 Yukon gold potatoes, peeled and cubed, medium size
Plain soy milk
3 TBSP Smart Balance LIGHT w/ Flax, melted
1 tsp basil
Salt free seasoning

- Food processor, slotted spoon
- * Retain veggie stock once the carrots and potatoes are cooked

Directions:

In two separate pots, boil the carrots and Yukon gold potatoes with plenty of water covering them. Use a slotted spoon to transfer the cooked carrots into the food processor. As you process the carrots, add plain soy milk just until the carrots appear smooth. Use a slotted spoon to transfer the bits of potato to the food processor. Transfer the contents of the carrot stock into the potato stock. Stir.

Add more soy milk, basil and the salt free seasoning until the “soup” is almost the desired consistency. Add in the 3 TBSP of Smart Balance LIGHT with Flax (melted) and a few TBSP of the blended veggie stock to slightly thin out the soup. This version allows the sweetness of the carrot to prevail, however you can always add salt to change the taste.

Enhanced Veggie Stock:

The combination of carrots and potatoes make a lovely stock base. Add dried herbs such as Basil or Herbs de Provence and pour into a large glass jar. Shake vigorously so the herbs are incorporated in the stock. Do not add salt to your stock while it is in the fridge. Either reserve this stock as your “light stock” (i.e., non-green stock) or, continue to add the stock of various veggies as you boil things throughout the week. Light stocks are known to be those from carrots, white, Vidalia or yellow onions, potatoes—anything pale. A “dark stock”—would come from green peas, string beans, red onions, or other darker veggies. Spinach tends to leech a bitter “juice” until it is rinsed once it is cooked, so it is wise to not add spinach water to your darker veggie stocks. The herbs mellow in the stock and it makes a lovely addition to any gravy, soup or sauce.

“Fast with Joy...” St Symeon the New Theologian