

Carrot Soup

Make this creamy, healthy carrot soup in 45 minutes. Perfect vegetarian comfort food that's easily made vegan. Serve with crusty bread or grilled cheese.

15	30	45	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Carrot Soup

Ingredients

- 3 carrot
- 1 onion
- 1 tbsp flour
- 1 tbsp sunflower oil
- 1 egg yolk
- 1 cup milk
- 1 tsp salt
- 1 tsp black pepper
- 9 sprig parsley

Instructions

- 1 Prepare the vegetables**

Peel and cut 3 large carrots into 1-inch chunks. Dice 1 medium onion into small pieces.
- 2 Sauté the base**

Heat 1 tablespoon oil in a large pot over medium heat (180°C/350°F). Add the diced onion and cook for 5-6 minutes, stirring occasionally, until soft and translucent.
- 3** Add the carrot chunks to the pot and cook for 3 minutes, stirring to coat with the oil and onions.
- 4** Add 1 teaspoon salt, 1 teaspoon pepper, and 1 cup water or broth. Bring to a boil over high heat, then reduce heat to medium-low and simmer covered for 20-25 minutes until carrots are fork-tender.
- 5 Blend the soup**

Remove from heat and let cool for 2-3 minutes. Using an immersion blender, puree the soup directly in the pot until completely smooth, about 1-2 minutes.
- 6 Finish and serve**

Return pot to low heat and stir in 1 tablespoon butter until melted. Taste and adjust seasoning with additional salt and pepper if needed.
- 7** Ladle soup into bowls and garnish each serving with 2-3 fresh parsley sprigs. Serve immediately while hot.

Tips

Choose fresh, firm carrots without soft spots for the best flavor. Baby carrots work well, but whole carrots often have more intense flavor.

Don't rush the onion sautéing process - properly caramelized onions add significant depth to the soup's flavor profile.

Roast the carrots before adding them to intensify their sweetness and add complexity to the final dish.

Use an immersion blender for convenience, or blend in batches in a regular blender for the smoothest texture.

Taste and adjust seasonings at the end - carrot soup often needs more salt than expected to balance the natural sweetness.

Add a splash of acid like lemon juice or apple cider vinegar to brighten the flavors before serving.

For extra richness, stir in a tablespoon of butter or cream just before serving.

Make a double batch and freeze half for easy weeknight dinners later.