

CARROT DILL SOUP

From Pat Richmond (member of the Fremont Garden Club)
who got this from the Black Forest Café

Ingredients:

1 lb carrots, peeled and chopped
1 medium onion, chopped
1 Tbs vegetable oil
¼ cup fresh dill, chopped
6 cups chicken or vegetable stock (3.5 cans)
½ tsp salt
½ tsp black pepper
2 Tbs butter
2 Tbs flour
½ cup heavy cream

Directions:

In large sauce pan, saute onion in oil until soft but not colored.
Add carrots, stock, salt and pepper. Bring to a boil.
Reduce heat to simmer for about 30 minutes until carrots are soft.
Strain solids from the broth, saving broth.
Puree solids in a blender, adding broth as necessary.
Return solids and rest of the broth to heat and bring it to a boil.
Melt butter and stir it into the flour. Add flour mixture to soup and bring back to a boil.
Remove soup from heat. Mix in the cream and dill and it's ready to serve.