

Spring Carrot Soup

Servings : 4

| Amount | Measure | Ingredient - Preparation Method |
|--------|------------|---------------------------------|
| 1 1/4 | pounds | carrot |
| 1 | tablespoon | extra virgin olive oil |
| 2 | cloves | garlic - minced |
| 1 | large | yellow onion - chopped |
| 3 | cups | vegetable stock |
| 1/2 | | juice of lemon |
| | | sea salt |

Top the carrots and scrub them. Cut them into 1 inch segments. Heat the olive oil in a large, heavy soup pot over medium heat. Add the onions and garlic and saute for a few minutes until the onions start to get translucent. Add the stock and carrots and bring to a gentle boil. Lower the heat and simmer for 20-30 minutes until the carrots are tender. Remove from heat and cool for a few minutes.

Puree. Stir in lemon juice and salt.