



GLASSES
GOES
GLUTEN
FREE



ROASTED CARROT SOUP

TOP WITH WALNUTS AND A DRIZZLE OF HONEY

YOU WILL NEED:

- 3 lbs carrots, peeled
- ½ yellow onion, leave in large chunks
- 1 celery stalk
- 8 Tablespoons (½ cup) butter, cut into Tablespoons
- 1 teaspoon dried thyme or 1 Tablespoon fresh thyme
- 4 cups low-sodium chicken stock
- 1 cup heavy cream
- Honey and walnuts as garnish

1 Preheat oven to 425 degrees and line a sheet pan with parchment paper. Place carrots, onion, celery, and Tablespoons of butter on to parchment paper. Place in preheated oven for 30 minutes.

2 Once 10 minutes has passed, take out sheet pan and stir together so that melted butter coats the veggies. Roast for remaining time.

3 (You may need to blend in 2 batches depending on the size of your blender! Heavy cream can be stirred in at end if blending in 2 batches) Using tongs, transfer veggies into a blender - discard leftover butter and parchment paper. Add in thyme then start blending and adding in stock through top of the blender. Blend until all stock has been used and soup is very smooth.

4 Add in heavy cream and blend for an additional 20 seconds.

5 Top with a drizzle of honey and walnuts and serve with your favorite grilled cheese.