

Creamy Carrot Soup

- 2 tbsp. margarine
- 1 large onion
- 2 cloves garlic
- 2 pounds carrots
- 2 medium potatoes
- 4 cups low-sodium chicken or vegetable broth
- 1 cup skim or 1% milk

Directions:

1. Melt margarine over medium heat. Add chopped onion and garlic. Cook until onion becomes clear.
2. Peel and chop carrots. Make sure that the carrots are all around the same size. Add to pot and cook for 2-3 minutes.
3. Peel and chop the potatoes the same size as the carrots. Add to pot.
4. Add the broth and bring to a boil. Reduce heat and cook until carrots are tender, approximately 10-15 minutes.
5. Transfer the soup to a blender in small batches and puree. Be sure that you only fill the blender half full to avoid overflowing. Pour pureed batches into a large bowl. Once all of the soup has been pureed, return to pot. If you do not have a blender, you can mash the vegetables in the pot using a potato masher.
6. Add milk and cook until heated through.

Makes 4 servings