



Carrot & Orange Soup

It's light, a little sweet and very soothing.

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This wonderfully easy soup is best enjoyed chilled on a hot day. It's light, a little sweet and very soothing, and the color is heavenly. For some extra calories, drizzle a little olive oil onto it or stir in a dollop of plain Greek yogurt. It's delicious either way.

Servings: 6 / Ingredients: 6 / Prep: 15 minutes

Ingredients

- ¼ cup olive oil
- 4 cups carrots, chopped
- ¼ cup shallots, chopped
- 6 cups low-sodium vegetable stock
- 1 cup orange juice
- Salt and pepper, to taste

Directions

1. In a medium pot, heat olive oil over a medium high flame. Add carrots and shallots to the pot, and cook a minute. Then lower the flame to medium, and sweat until soft, about 5 minutes.
2. Pour in vegetable stock, raise the flame to medium high and bring to a simmer. Cook for about 15 minutes, or until the carrots are cooked through and soft.
3. Remove the soup from the heat. Pour soup into a blender and puree until smooth. Blend hot liquids in batches, filling the blender only halfway. (Hot liquids expand in the blender and can blow the top off and scald.)
4. Pour orange juice into pureed soup and stir. Season with salt and pepper to taste.
5. Serve warm or chilled.

Chef Tips

For a more intense orange taste, add a teaspoon of finely grated orange zest to the oil along with the carrots and shallots.

Nutrition Facts (per serving)

Calories: 148; fat: 10 g; saturated fat: 1 g; polyunsaturated fat: 1 g; monounsaturated fat: 7 g; carbohydrates: 16 g; sugar: 9 g; fiber: 3 g; protein: 2 g; sodium: 877 mg

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