



Ivory Carrot Soup with a Fine Dice of Orange Carrots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon carrot tops green minced fine
- ☐ 1 pound carrots white scrubbed thinly sliced
- ☐ 3 tablespoons orange carrots and/or other colored carrots diced finely
- ☐ 4 cups chicken stock see light
- ☐ 1 tablespoon olive oil
- ☐ 1 onion thinly sliced

- ☐ 4 servings pepper freshly ground
- ☐ 4 servings sea salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 thyme sprig
- ☐ 1 tablespoon rice raw white

Equipment

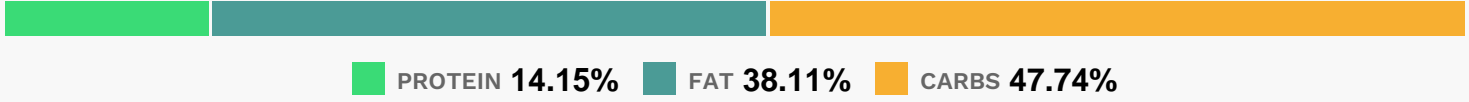
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Warm the butter and oil in a soup pot and add the onion, white carrots, rice, 1 teaspoon salt, and the sugar and thyme. Cook over medium heat for several minutes, turning everything occasionally.
- ☐ Add 1 cup of the water, cover, turn down the heat, and cook while you heat the remaining 3 cups water. When the water is hot, add it to the pot, cover, and simmer until the vegetables are tender, about 20 minutes.
- ☐ While the soup is cooking, cook the diced carrots in salted boiling water for about 3 minutes and then drain.
- ☐ When ready, let cool slightly, then remove and discard the thyme sprig. Puree the soup until smooth in a blender. Taste for salt and season with the pepper. Reheat if it has cooled.
- ☐ Ladle the soup into bowls, scatter the diced carrots and carrot tops over each serving, and serve.
- ☐ Reprinted with permission from Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom, with over 300 Deliciously Simple Recipes by Deborah Madison. Copyright © 2013 by Deborah Madison; photographs copyright © 2013 by Christopher Hirsheimer and Melissa Hamilton. Published by Ten Speed Press, a division of Random House, Inc. Deborah Madison is the author of eleven cookbooks and is well known for her simple, seasonal, vegetable-based cooking. She got her start in the San Francisco Bay Area at Chez Panisse before opening Greens, and has lived in New Mexico for the last twenty

years. In addition to writing and teaching, she has served on the boards of Slow Food International Biodiversity Committee, the Seed Savers Exchange, and the Southwest Grassfed Livestock Alliance, among others. She is actively involved in the issues of biodiversity, gardening, and sustainable agriculture.

Nutrition Facts



Properties

Glycemic Index:94.74, Glycemic Load:6.68, Inflammation Score:-10, Nutrition Score:14.842608580447%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 223.31kcal (11.17%), Fat: 9.6g (14.76%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 22.98g (8.36%), Sugar: 11.37g (12.64%), Cholesterol: 14.73mg (4.91%), Sodium: 646.9mg (28.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin A: 20931.35IU (418.63%), Vitamin B3: 5.19mg (25.97%), Potassium: 699.05mg (19.97%), Vitamin K: 19.56µg (18.63%), Vitamin B6: 0.36mg (17.94%), Vitamin B2: 0.3mg (17.82%), Fiber: 4.07g (16.26%), Vitamin C: 13.19mg (15.99%), Manganese: 0.27mg (13.58%), Phosphorus: 125.98mg (12.6%), Vitamin B1: 0.18mg (12.13%), Copper: 0.21mg (10.37%), Folate: 41.44µg (10.36%), Vitamin E: 1.49mg (9.94%), Selenium: 6.14µg (8.78%), Iron: 1.37mg (7.59%), Magnesium: 28.88mg (7.22%), Calcium: 70.72mg (7.07%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.42mg (4.18%)