



Inspired Taste's Creamy Vegetable Soup

- 2 tablespoons olive oil
- 1 pound carrots, washed
- 1 large sweet onion (Vidalia works well)
- 4 sticks of celery
- 2 garlic cloves, halved
- 2-3 medium potatoes (Yukon Gold works well)
- 4 cups chicken stock
- 1 bay leaf
- 2-3 sprigs fresh thyme
- 1/4 cup cream
- salt and pepper

Cut the carrots, onions and celery into 1/2 inch cubes, then put them into a large soup pot with the olive oil over medium-high heat. Sprinkle the vegetables with about 1/4 teaspoon salt and 1/8 teaspoon pepper, then cook for 5 minutes.

While the vegetables are cooking, peel and cut the potatoes into 1/2 inch cubes.

After the 5 minutes, add the halved garlic to the pot as well as the potatoes, then cook for another 5 minutes. *BAH Note: Joanne said not mincing the garlic allows for a more "mellow" garlic flavor in the soup and she couldn't have been more right about that. You'll taste the garlic, but in all the right ways.*

Add the bay leaf, thyme and chicken stock and bring to a boil, reduce the heat and simmer for 20 minutes or until all the vegetables are cooked through. Remove the soup from the heat. Take out the bay leaf and thyme stems (the leaves will fall off the stem during cooking). Pour the soup into a blender and blend until your desired consistency, I personally like this soup pretty smooth. Pour the blended soup back into the soup pot, add the cream season to taste and heat through, but do not boil.

BAH Note: I used additional chicken broth instead of cream in the soup. You use what you have or like best.

inspired taste's creamy vegetable soup was posted by wendi on 15 march 2010 at bonappetithon.com