Curried Carrot Soup

Yield: 8 servings
Time: 20 minutes hands-on; 45 minutes total

3 tbsp. butter, cut into 1 tbsp. pieces
2 onions, diced
1 orange bell pepper, diced
1 tbsp. curry powder
1 tsp. ground ginger
1½ tsp. salt
¾ tsp. ground pepper
8 cups reduced-sodium chicken broth
5 lbs. carrots, peeled and cut into ½-inch thick slices
1 tbsp. lemon juice
½ cup fresh cilantro, chopped

1. Place the butter in a very large stock pot or Dutch oven (8-12 quart). Melt over medium heat. Once the butter begins to foam, add the onions and pepper. Cook over medium heat for 3 minutes, until onions and peppers begin to soften. Stir in the curry, ginger, salt and pepper. Cook for another 3-5 minutes, stirring occasionally.

2. Add the carrots. Pour in the broth. Turn heat up to high and bring to a boil. Once boiling for one minute, reduce the heat to medium-low and cover. Simmer for 25 minutes until the carrots are tender. Stir in lemon juice.

3. Working in batches, transfer the soup to a blender, filling the blender no more than half full each time. Puree until smooth. (Be sure not to overfill the blender, as the hot soup will expand as it is blended. Also, to allow steam to escape vent the lid and cover with a dish towel while blending.)

4. Serve hot and garnish with chopped cilantro to serve.

Recipe adapted from Great Food Fast, Everyday Food from the Kitchens of Martha Stewart Living