

Tomato-Carrot Soup

Serves 4 as a first course or 2-3 as a main course

SOUP:

- 1 tablespoon salted butter
- 3 medium carrots, peeled and minced
- 4 celery stalks, trimmed and minced
- 1 medium onion, minced
- 5 cloves garlic, minced
- 1/4 cup parsley, chopped finely
- 1/4 cup fresh basil, chopped finely
- 1 15 ounce can tomatoes
- 3 cups low sodium chicken broth
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup feta cheese, crumbled (garnish)

CROSTINI:

- 4 slices baguette
- 2 teaspoons olive oil
- 4 teaspoons freshly grated Parmesan, optional
- Kosher salt and freshly ground pepper

Soup:

In four-quart saucepan, melt butter and add carrots, celery and onion. Sauté five minutes, adding garlic half-way through. Stir in fresh herbs and tomatoes, breaking up tomatoes with fork or knife. You could food-process the tomatoes beforehand if you'd like. Cook briefly, one-two minutes to marry flavors. Add broth and salt and pepper. Bring to a boil; reduce to simmer until veggies are tender, 10-15 min. Add extra broth or water if soup becomes too thick. Check seasoning. Ladle into small bowls and pass feta cheese at table. Serve w/ salt and pepper crostini.

Crostini:

Drizzle baguette slices lightly with olive oil. Sprinkle with kosher salt, freshly ground pepper and/or grated parmesan cheese if desired. Bake at 350 F on a cookie sheet about 10 minutes or until toasted through.

Copyright Alyce Morgan, 2009 moretimeatthetable.com