

## CARROT SOUP

3 tablespoons extra virgin olive oil  
1 onion, chopped  
1 whole bay leaf  
1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried)  
1 teaspoon unrefined sea salt  
pinch cayenne pepper  
4 cups peeled and sliced carrots  
8 cups stock (chicken or vegetable)  
2 tablespoons uncooked rice

Heat a large stock pot on high heat and add oil. Oil should swirl but not smoke. Add chopped onion, bay leaf, thyme, salt, and cayenne. Lower heat to medium-high. Cook the onions until glossy and translucent, stirring occasionally. About 5 to 10 minutes. Add carrots, stock and rice. Raise the heat and bring to a boil. Lower heat and cook at a simmer, with the pot mostly covered. Simmer for 35 to 40 minutes, until the rice is cooked through and tender. Take off the heat and remove the bay leaf. Blend with an immersion style blender until texture is smooth and creamy. Adjust seasonings, if necessary and serve.