

CARROT AND LEEK SOUP

(adapted from Fine Cooking)

1 T olive oil
1/2 T butter
1 medium-size leek, white and light green part only, thinly sliced
1 shallot, diced
1/2 pound carrots, sliced (about 6, medium)
2 cups water (or chicken stock)
salt and pepper
2 tsp fresh thyme leaves
1/2 cup low fat yogurt
2-3 T fresh orange juice

Melt the olive oil and butter in a medium-sized pan, cook the shallots and leeks until soft but not brown, seasoning lightly with salt and pepper. Add the sliced carrots, water (or stock), thyme leaves, bring to a boil, cover the pan and reduce the heat. Cook until the carrots are soft, about 15 minutes.

Using an immersion blender, puree the soup to the consistency you enjoy (we prefer it with a little body, not fully smooth). Alternatively, you can use a blender or food processor (be careful when blending hot liquids). Bring the pureed soup back to the stove, add the yogurt and orange juice, heat very gently. Taste, adjust seasoning with salt and pepper if necessary. Serve with croutons and minced chives.