

Heritage Recipes

You can share old family recipes and traditions

CREAMY CARROT~CHEESE SOUP

From Susie

Here's a different soup recipe my Mom found in a magazine, many years ago. We all agreed it was a "keeper!" (I since, added the cheese to it.) Now, I always try to have Carrot Juice, Carrots & Velveeta on hand during the winter months. This soup makes up quickly and tastes great, even right after it's made! I like this soup so much, I always double the recipe! Enjoy.

Creamy Carrot Cheese Soup

Saute, together, in a large saucepan or small stockpot:

2 Tb Butter

1/2 c Onion, finely chopped

Blend in:

2 Tb Flour

Slowly add:

2 c Milk, whisk with above ingredients till smooth.

Add:

1 1/2 c Carrot Juice (WalMart carries a 32 oz glass container - "Lakewood Organic Pure Carrot Juice" - place any leftover juice in a plastic container, & freeze.....be sure to give it a little head space!)

1 1/2 t Salt, plain or seasoned

White Pepper, to taste

A few shakes of Garlic Powder

And - if you can find it – a little Ground Celery Seed Powder, to taste. (I buy the celery seed powder from a spice shop.....it's great in any soup recipe!)

Heat soup till steaming hot, stirring often, then add:

1 small bag Baby Carrots, Sliced & pre-cooked in the micro till tender.....don't overcook!

Finally, add:

1/2 t Parsley Flakes

Submit Your Favorite Recipes along with their stories to

editor@heritagerecipes.com

www.heritagerecipes.com @

Heritage Recipes

You can share old family recipes and traditions

8 oz Velveeta, cubed, stirring till melted and smooth

If the soup, at this point, isn't as thick as you'd like - just thicken it further with a little cold milk with some cornstarch stirred in. I usually do this, as I like my soups to coat the spoon!

If desired, serve with Oyster Crackers or Croutons on top. Freezes well, too.....just whisk, when reheating, as it tends to separate alittle.

Submit Your Favorite Recipes along with their stories to
editor@heritagerecipes.com
www.heritagerecipes.com @