

## **Creamy Carrot Soup**

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### Creamy Carrot Soup

#### INGREDIENTS

- 4 carrots, diced
- 2 onions, diced
- 1 stick celery, diced
- 1 stock cube
- 1 cup water
- 1 tblspn margarine
- 1 cup milk
- 1/4 cup cooked rice
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#### METHOD

- Saute all vegetables in margarine
- Add dissolved stock cube in water to vegetables
- Simmer until vegetables are tender and add 1 cup of milk
- Heat through and blend with cooked rice
- Heat soup, but do not boil!

Jill Fisher