

## **Awesome Caramelized Leek Soup**

- 2 big fat leeks, ends trimmed, greens included, well washed, sliced into 1/2-inch rings
- 1 onion, sliced into rings
- 1 T olive oil
- 3 large carrots, cut into sticks
- 3 sprigs of thyme
- 1/2 t sea salt and a little freshly ground black pepper

Preheat oven to 400F.

In a large Dutch oven, roast leeks and onion with olive oil, salt and pepper until softened. Transfer leeks to a large pot, add carrots, thyme and cover with water. Bring to a boil, then simmer for 40 minutes, or until the carrots soften. Discard thyme. Purée to a creamy consistency, adding a little water to thin. Garnish with homemade ciabatta crouton strips. Serves 6.

**Note:** Soup will be very creamy if puréed in a very strong blender, like a **Vitamix**. Otherwise, consider adding peeled and chopped potato with the carrots to get the smoothest consistency.

**Jittery Cook**