



Creamy Carrot and Millet Soup

Adapted from Better Homes & Gardens

Ingredients:

2 T Butter
1 medium onion, chopped
1 lb carrot washed and chopped (about 3 cups)
1/2 c millet
2.5 c reduced sodium chicken stock (*I used Organic Chicken Stock from Costco*)
1/2 t sea salt
1 1/4 c unsweetened Almond Milk
1/2 - 1 cup of Coconut Milk (from the can)

Directions:

1. In 3-4 quart pot, melt butter. Add onion, cook for 10 minutes, or until tender.
2. Add the carrots, millet, stock and salt. Bring to boil, reduce heat to low. Cover, and cook for 35 minutes, or until carrots and millet are very tender.
3. Cool slightly. Transfer carrot and millet mixture to food processor. Cover and process until completely smooth, scraping down sides. Add Almond and Coconut Milk. Process until completely smooth. Return to pot and heat gently. Add additional milk to achieve desired texture.