

Carrot Soup with Carrot Top Garlic Pesto

Prep time

10 mins

Cook time

30 mins

Total time

40 mins

Serves: 6

Ingredients

Soup

- [2 tablespoons grass-fed butter](#) or [coconut oil](#) (28 grams)
- 1 large onion, chopped
- pinch of sea salt
- 1 1/2 pounds of carrots with tops on (570 grams)
- [4 cups chicken broth](#)
- 1 cup diced, peeled fuji apple (120 grams)

Pesto

- 2 cloves of garlic
- 2 tablespoons chopped toasted walnuts
- 1 cup of packed carrot top leaves (45 grams)
- 3 tablespoons olive oil
- pinch of sea salt

Instructions

Soup

1. Heat your grass-fed butter in a [large pot](#) over medium heat
2. Add your onions and sea salt and cook until soft, approximately 8 minutes
3. Remove your carrot tops, chop roughly and set aside
4. Peel your carrots and roughly chop, add to your pot
5. Stir in your chicken broth, bring to a boil, reduce heat, partially cover and let simmer for 30 minutes or until your carrots are soft
6. Once your carrots are soft, either use an [immersion blender](#) and blend your soup or transfer to a [blender](#) and blend your soup in batches.
7. Stir in your apples, garnish with your pesto below and serve

Pesto

1. Place your garlic and walnuts in your [food processor](#) and pulse until minced
2. Add in your carrot tops and sea salt and start running your food processor
3. While your food processor is running, drizzle in your olive oil until you have a beautiful carrot top pesto
4. Use this to garnish your soup above and enjoy

Recipe by Civilized Caveman Cooking Creations at <http://civilizedcavemancooking.com/sidessoupsdrinks/carrot-soup-with-carrot-top-garlic-pesto/>

