



Super Carrot Soup

(Makes 6-8 servings - leftovers can be kept in the fridge for up to 2 days or frozen)

Ingredients

650g carrot, peeled & chopped into 2cm cubes
250g white onion (about 1 large), roughly chopped into 2cm cubes
4 garlic cloves, peeled and roughly chopped
300ml water
500ml chicken or vegetable stock
1 Tbsp olive oil
15g butter
Salt & freshly ground pepper to taste
4 Tbsp crème fraîche or Greek yoghurt (optional)
Small handful of coriander or flat leaf Parsley, finely chopped (optional)

Instructions

Warm the oil over a medium heat in a large saucepan. Add the butter. Once the butter begins to foam, add the carrots and onions. Add a pinch of salt, mix well and cover with a lid for 1 minute.

Sauté the carrots and onions for 3 minutes. Add the garlic and sauté for 1 minute.

Add the chicken or vegetable stock and water. Stir the mixture and simmer for 15 minutes.

Remove the saucepan from the heat. Use a hand blender to puree the mixture to a smooth consistency.

Add more water if you prefer a more liquid soup. Taste and add more salt and pepper if needed.

Stir through the crème fraîche or Greek yoghurt and herbs if using.

Serve immediately with bread.