



Carrot Soup

A quick and easy recipe that the whole family can enjoy.

Ingredients

- 1 tbsp vegetable oil
- 1 onion, sliced
- 450g/1lb carrots, sliced
- 1.2 litres/2 pints vegetable stock
- Large bunch fresh coriander, roughly chopped
- 1 tsp ground coriander
- salt and pepper to season

Method

- Preheat the oil in a large pan and add the onions and the carrots. Cook for 3-4 minutes until they start to soften.
- Stir in the ground coriander and season well. Cook for 1 minute.
- Add the vegetable stock and bring to the boil. Simmer until the vegetables are tender.
- Whizz with a hand blender/blender until smooth.
- Gently reheat, stir in the fresh coriander, serve and enjoy.

Nutritional Benefits

Carrots support a healthy digestive system and are a rich source of beta-carotene, which can help us maintain good eyesight.