

SPICY CARROT & POTATO SOUP



Moderate



25 minutes



Side



04-06 Servings

INGREDIENTS

5 cups of carrots cubed
2 cups of potatoes cubed
1 tbsp + 1 tsp butter
½ tsp ground cumin
½ tsp ground coriander
½ tsp chilli powder to taste
1 tsp freshly cracked black pepper
½ tsp sugar
Salt to taste



COOKING STEPS

Peel and cube the potatoes and carrots.

Place the cubed vegetables in a large heavy bottomed pan and fry for 5 minutes or until softened slightly. Sprinkle over the spices and cook for a further minute.

Add 1 tbsp butter and enough water to submerge the vegetables, cook on a low heat until the vegetables are tender.

Once the vegetables are done, if you have a stick blender, blend the vegetables while they are still hot into a soft mush. You can leave some small chunks of vegetables if you'd like some texture in the soup. If using a regular blender, wait until the vegetables are cool before blending.

Add water and adjust to your desired consistency. Bring to boil and add salt, sugar, and freshly cracked black pepper. There's no need to simmer the soup for too long. Serve hot with more black pepper.