



Spicy Carrot and Potato Soup

Equipment

- Large Saucepan
- Wooden Spoon
- Sharp Knife
- Teaspoon
- Stick Blender / Potato Masher

Ingredients

Please bring a container to take home your product

2 Medium Onions, finely chopped
2 Carrots, finely chopped
1 Celery Stick or an alternative vegetable, finely chopped
1 Large Baking Potato or 2 medium sized Potatoes, finely chopped
1 Garlic Clove, finely chopped or Garlic Puree
300ml Vegetable Stock (made up with 1 Stock Cube)
½ Tsp Ground Cumin (optional)
½ Tsp Ground Mixed Herbs (optional)
¼ Tsp Chilli Powder /or 1 Tsp Curry Powder
Pinch of Salt and Pepper

Method

STEP 1

Heat the oil in a large saucepan.

STEP 2

Fry the chopped raw vegetables gently on a medium heat for about 5 minutes until slightly softened.

STEP 3

Sprinkle over the cumin and chilli powder and stir into the vegetables, cook gently for 1 minute.

STEP 4

Pour in the vegetable stock and bring to the boil. Then simmer for 20 minutes until the vegetables are tender.

STEP 5

Use a stick blender in the pan to blend the soup, or a potato masher to blend to a smooth consistency. You may need to add more boiled water at this point if too thick. Taste and season as required with salt and pepper.

STEP 6

Spoon into a watertight container and allow to cool.