



South African Recipes

"cooking with confidence"

Carrot soup

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Ingredients

- 1 kg Carrots
- 1 Potato
- 1 Onion
- 1 tsp ground Bay leafs
- 1 tsp Ground Coriander seeds
- 2 tsp cumin
- 2 tsp Mild yellow curry
- 1 tsp Green jalapeno Chilly (chopped)
- Salt to taste

Method

- Chop the Onion and fry in a little Olive oil with Bay leafs & Coriander.
- Cut the Carrots 1 cm thick and add to pot.
- Cut the potato in cubes and add.
- Add the spices including chilly and 5 cups of water.
- Cook for 30 minutes or until carrots are soft.
- Using a stick blender blend as fine as preferred.
- I leave some of the carrots whole.
- Serve hot.

Serve 6 portions.