

Cardamom Carrot and Sweet Potato Soup

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Cardamom lends a deliciously different background flavour to this yummy savoury soup, made with sweet potato and carrot. It's gently spiced, but not overly so, so it's good for adults and kiddies too!

Ingredients:

3 carrots
2 sweet potatoes
500ml each vegetable stock and chicken stock
1 onion
2 tbsp. butter
1/2 tsp. ground cardamom
1/4 tsp. each ground turmeric, ginger, chilli flakes and cinnamon
1/8 tsp. cayenne pepper
Salt and pepper

Directions:

1. Peel and dice the carrots and sweet potatoes and dice the onion. Melt the butter in a large saucepan and add the onion. Cook until golden brown. Add the cardamom, turmeric, ginger, chilli flakes, cinnamon and cayenne pepper. Stir and cook until fragrant.
2. Add the carrots and potatoes and stir to coat in the onions. Add the stocks. Bring to the boil, reduce to a simmer, cover and simmer for 25 minutes or until the veggies are tender. Take the pan off the heat and either blend until smooth in a food processor or using a hand blender. Season to taste.

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