

Cumin, Cayenne and Soy Spiced Carrot Soup

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This bold and bright soup is flavoured with Fijian spices - making it the perfect winter warmer. Carrots, celery, onion and potatoes are cooked together, then seasoned with a variety of spices and thinned with milk. Delicious!

Ingredients:

6 carrots
3 celery stalks
1 onion
2 potatoes
2 litres vegetable stock
1 garlic clove
4 tbsp. soy sauce
1 tbsp. curry powder
1/4 tsp. each ground cumin, cayenne, and chilli powder
Salt and pepper
Milk

Directions:

1. Peel and dice the carrots, onion and potatoes. Finely dice the celery stalks. Mince the garlic clove.
2. Place the carrots, celery stalks, onion, potatoes, garlic and vegetable stock. Bring to the boil, reduce to a simmer and cook for 30 minutes until the vegetables are tender.
3. Let the soup cool slightly and then blend until very smooth and creamy. Add the soy sauce, curry powder, cumin, cayenne and chilli powder. Season to taste. Gradually stir in milk until the soup reaches the desired consistency.

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