

Cumin Roasted Carrot and Squash Soup

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This soup gets bags of flavour as the squash and carrots are roasted with cumin seeds and oil in the oven before being blended with stock flavoured with bay leaves. The end result is a creamy, sweet yet gently spiced soup - perfect for the cool winter evenings.

Ingredients:

2 large carrots
1 medium butternut squash
1 onion
500ml chicken stock
1/2 tsp. cumin seeds
2 fresh bay leaves
1 tbsp. oil
Salt and pepper

Directions:

1. Heat the oven to 190C. Peel and roughly dice the veggies into large chunks. Toss with oil, cumin seeds, salt and pepper and lay in a single layer on a baking tray.
2. Bake for 20-30 minutes until golden and slightly caramelised. Put the veg into a saucepan with the stock and bay leaves. Bring to a simmer and cook for 10 minutes until the veggies are tender all the way through. Remove the bay leaves, then blend the soup until smooth using a hand blender or food processor.

Author: Laura Young