

# Gingered Carrot Soup

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*This soup contains just 6 ingredients - carrots, dried chilli, vegetable stock, root ginger, onion and seasonings. It's as easy that! Garnish with some thinly sliced spring onions for extra freshness and flavour.*

## Ingredients:

750g carrots  
1 litre vegetable stock  
1 10cm piece root ginger  
1 onion  
1 dried red chilli or 1 tbsp. dried red chilli flakes  
Salt and pepper  
Oil to fry

## Directions:

1. Peel and finely dice the carrots. Dice the onion. Peel the ginger and finely mince.
2. Heat the oil in a large saucepan. Add the onion and fry until browned and soft, then add the carrots, chilli and ginger and fry for another 5 minutes.
3. Pour in the stock. Bring to a simmer and cook for 10 minutes or until the carrots are tender.
4. Blend until smooth using a hand blender. Season to taste with salt and pepper.

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