

Spiced Carrot Soup

Printed from Carrot Recipes at <http://www.carrotrecipes.co.uk/>

This creamy yet gently spiced carrot soup is the perfect lunchtime dish - prepare it the night before and you'll get an even richer, fuller flavour. There are some unusual ingredients in here, but trust us, it works!

Ingredients:

5 carrots
2 onions
1 red chilli
2 garlic cloves
500ml veggie stock
1 bunch fresh parsley, chopped
1 tbsp. each brown sauce and Worcestershire sauce
2 tbsp. balsamic vinegar
250ml double cream
Salt and pepper
Oil to fry

Directions:

1. Peel and dice the carrots. Finely dice the onion. Slice the chilli in half and remove the seeds with the back of your knife. Mince the garlic cloves.
2. Heat a little oil in a large frying pan. Add the carrots, onion, chilli and garlic. Fry for ten minutes until tender, softened and golden. Add the veggie stock, most of the parsley, brown sauce, Worcestershire sauce and balsamic vinegar.
3. Bring to a boil then reduce to a simmer and cook for 30 minutes. Blend until smooth in a food processor or with a hand blender.
4. Season to taste, then heat through in a clean saucepan. Stir in the cream. Don't let the soup boil. Sprinkle with the rest of the parsley to serve.

Author: Laura Young