



Recipe Name: Carrot Coriander Soup

Serves:

Ingredients:

- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 tsp. ground coriander
- 1 potato, chopped
- 1 large package small (baby) carrots
- 1 large can of chicken stock

Steps to follow:

Heat the oil in a large pan; add the onion, then fry for 5 minutes until softened. Stir in the ground coriander and potato, then cook for one minute. Add the carrots and the stock. Bring to a boil, then reduce the heat. Cover and simmer until the carrots are tender, about 20 minutes. Tip the mixture into a food processor and process until smooth. Return to the pan. Taste and add more coriander or salt if needed.

Time: about 30 minutes

Temperature:

Variations:

Catherine Kadunc