

CARROT & CARAWAY SOUP



Food Fact:-

Carrots are an excellent source of Vitamin A - which is vital for healthy skin, lungs and hair.

The Beta-carotene they contain protects against aging and has proven to reduce cancer risk.

Caraway seeds are an aid to digestion and a gentle diuretic and expectorant and are often used in children's cough remedies

Preparation time 8 mins

Cooking time 18 mins

Serves 4-6

**REAL FOOD
WORKS**

CARROT & CARAWAY SOUP

Ingredients

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| <ol style="list-style-type: none"> 1. Put the oil and onion on a large microwavable bowl, cover and cook on HIGH for 3 mins 2. Add potato, carrots, lemon rind and caraway seeds cover and cook on HIGH for 5 mins. 3. Add the vegetable stock and cook on HIGH for 10mins or until the carrots are very tender. 4. Allow to cool for a couple of minutes then blend and adjust the seasoning. 5. Ladle the soup into bowls and swirl a teaspoon of the fromage frais/yoghurt or crème fraiche on top of each if liked. 6. Grind some pepper and scatter a little of the parsley over the top and serve, | <p>1 tbsp veg oil
 1 onion chopped
 1 large potato cubed
 500g (1lb) scraped carrots
 2-3 strips lemon rind
 1 tsp caraway seeds
 1.2 ltr (2pt) hot veg stock
 salt & pepper to taste
 low fat fromage frais, yoghurt
 or crème fraiche (optional)
 pepper & chopped parsley to serve</p> |
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