

Creamy Carrot Soup

serves 6

Ingredients:

1 small onion, chopped
2 tablespoons butter
5 cups chicken broth
3 cups carrots, sliced (around 6)
1 cup potatoes, cubed
Salt and pepper

Directions:

In a saucepan, melt the butter over medium heat. Fry the onion until it is soft.

Add the carrots, potatoes and broth. Bring to a boil.

Cover the pot and simmer gently for about 20 minutes, or until vegetables are tender.

Using a blender or hand blender, puree the soup until smooth.

Season with salt and pepper.

Enjoy!

Variations to try:

- add grated fresh ginger and cook with the onion
- try with herbs like thyme or parsley
- add a spoon of curry powder, curry paste, or cumin seeds to the butter
- top with a little drizzle of toasted sesame oil or sour cream/plain yogurt
- add a tin of coconut milk and subtract an equal amount of broth
- add some evaporated milk and subtract an equal amount of broth

