

Eat The View

Recipes and Tips

Cumin-spiced Carrot Soup

1 tablespoon olive oil
1 large onion, chopped
1 clove garlic, crushed
2 sticks celery, chopped
1 tablespoon ground cumin
700g carrots, thinly sliced
900ml vegetable stock
Black pepper
yogurt (optional)

Heat the oil in a large saucepan, add the onion, garlic and celery and fry gently for 5 minutes or until softened, stirring occasionally. Add the cumin and fry, stirring, for 1 minute to release its flavour

Add the carrots, stock and black pepper to the onion mixture and stir to combine. Bring to the boil and simmer, covered, for 30-35 minutes, until the vegetables are tender, stirring occasionally.

Remove the pan from the heat and cool for a few minutes. Puree the soup until smooth. Return to the pan and reheat gently.

Serve with a spoonful or two of yogurt if you wish.