

Carrot Soup by The Ketchup War

8-10 carrots, chopped.

1-2 cloves of garlic

1 onion

1 potato, peeled and cubed. 2 cups of chicken stock / vegetable stock / water

1 tb of parsley (or any other herb you have lying around the house) 1 tb of butter

A pinch of salt and pepper



1. Melt the butter over medium heat in a pot. Add the onions and garlic and fry for several minutes until soft.

2. Toss all the rest of the ingredients into a pot, covering the contents with the stock / water. If you don't have enough stock to cover the vegetables, feel free to add a tad bit more water.

3. Bring to the boil and simmer with the lid on for 25-30 minutes until all the vegetables have softened.

4. In small batches, blend all the ingredients on low in a blender. In SMALL batches. SMALL. Seriously, you do NOT want hot soup all over the place and burnt fingers.

5. Add all the small batches of blended soup to the pot and stir.

6. Serve sprinkled with a little parsley and hot, crusty bread.

*Feel free to substitute olive oil for butter in Step 1.

**If you find the soup too thick, add a little more water in Step 4.

Variations:

Curried Carrot Soup

Add 1-2 tsp (or more to taste) to soup in Step 5.

Spicy Carrot Soup

Add 1 tsp of cayenne pepper to the soup in Step 5.

Super Veggie Carrot Soup

I call this Supper Veggie, what I could have called it was, things-in-the-fridge-I-needed-to-use-up but that title seems a little long.

Add some broccoli in Step 2 and a handful of peas in the last 5 minutes of cooking.

<http://theketchupwar.com/2013/07/15/ketchup-kitchen-carrot-soup/>