

October 2014

CARROT & TOMATO SOUP

Carrots are cheap and plentiful at this time of year so here is a recipe for carrot & tomato soup which is made even more tasty by the addition of a little root ginger. Highly recommended!

Ingredients

500g carrots
250g potatoes
1 large onion
1 clove garlic
2cm piece of root ginger
2 tbsp oil
1 400g tin chopped tomatoes
900 ml vegetable stock
salt & pepper

Method

- 1 Roughly chop carrots, potatoes, onion, garlic and ginger and sauté in hot oil until the onion is transparent.
- 2 Add the chopped tomatoes and stock. Season with salt & pepper.
- 3 Bring to the boil, cover and simmer for 25 minutes until tender
- 4 Cool slightly, blend until smooth. Reheat gently before serving.