

Spiced Carrot Soup

Serves 10

Ingredients	
2 tbsp (30ml) unsaturated oil	1 small (100g) potato, diced
1 (150g) onion, peeled and chopped	1 small (100g) potato, diced
3 (18g) cloves garlic, crushed	500g carrots, peeled and sliced
2 tsp (10g) ground cumin	1.2 ltrs vegetable stock made with kallo very low salt stock
1 tsp (5g) ground coriander	Juice of 1 orange
½ tsp (2.5g) ground ginger	1 tbsp (15ml) vinegar
	Black pepper
1 tsp (5g) paprika	40g fresh coriander (optional)
	10 slices of crusty bread, pitta or bread rolls

- METHOD:
- Heat the oil in a large saucepan, add the onion and garlic and gently cook for 4 minutes, add the spices followed by the potato, carrots and then the stock.
- Bring to the boil, then reduce the heat and put a lid a on the pan.
- Simmer for approx. 20 minutes until the vegetables are soft.
- Blend the soup in a food processor until smooth.
- Stir in the orange juice and vinegar, taste and season with black pepper.
- Sprinkle with coriander and serve in bowls with toasted pita.



✓ COOK'S TIP PREPARE EXTRA CARROT AND POTATO FOR WEANING DIETS

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
122	3.5	3.7	20	2	0.7	1	52