



Carrot Soup

Introduction

Carrot soup is a delicious and nutritious option that warms the heart and soul. This vibrant dish is not only easy to prepare but also packed with vitamins and flavor. Whether you enjoy it as a starter or a main course, carrot soup is a delightful way to incorporate vegetables into your diet. In this article, we will explore the detailed ingredients, preparation time, cooking time, and yield of this fantastic recipe.

Detailed Ingredients with measures

- Carrots: 500 grams
- Onion: 1 medium
- Garlic: 2 cloves
- Vegetable broth: 1 liter
- Olive oil: 2 tablespoons
- Salt: to taste
- Pepper: to taste
- Cream (optional): for serving

Prep Time

The preparation time for this delicious carrot soup is approximately 10 to 15 minutes. During this time, you will need to wash, peel, and chop the carrots, onion, and garlic.

Cook Time, Total Time, Yield

The cooking time for the carrot soup is around 20 to 25 minutes, allowing the flavors to meld perfectly. Therefore, the total time required from start to finish is about 30 to 40 minutes. This recipe yields approximately 4 servings, making it perfect for family meals or meal prep for the week ahead. Enjoy this delightful carrot soup as a healthy addition to your culinary repertoire!



www.savorydiscovery.com

Carrot Soup

Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Gather all necessary ingredients for the carrot soup, including carrots, potatoes, onions, garlic, vegetable broth, and spices.

Step 2: Chop the Vegetables

Peel the carrots and potatoes, then chop them into small, evenly-sized pieces. Finely chop the onions and garlic.

Step 3: Sauté the Aromatics

In a large pot, heat some oil over medium heat. Add the chopped onions and sauté until they become translucent. Then, add the minced garlic and cook for an additional minute.

Step 4: Add the Carrots and Potatoes

Add the chopped carrots and potatoes to the pot. Stir them well with the sautéed onions and garlic.

Step 5: Pour in the Broth

Pour the vegetable broth into the pot, making sure that the vegetables are covered. Bring the mixture to a boil.

Step 6: Cook the Soup

Lower the heat to a simmer and let the soup cook for about 20-25 minutes, or until the carrots and potatoes are soft.

Step 7: Blend the Soup

Once the vegetables are tender, use an immersion blender to puree the soup until smooth. If you prefer a chunkier texture, blend only half of the soup.

Step 8: Season the Soup

Taste the soup and season with salt, pepper, and any other preferred spices. Stir well to combine.

Step 9: Serve the Soup

Ladle the carrot soup into bowls and serve hot. Optionally, garnish with fresh herbs or a drizzle of cream.

Notes

Note 1: Storage

The carrot soup can be stored in an airtight container in the refrigerator for up to three days.

Note 2: Freezing

This soup freezes well. Allow it to cool completely before transferring it to a freezer-safe container. It can be frozen for up to three months.

Note 3: Variations

Feel free to add other vegetables, such as parsnips or celery, for added flavor and nutrition.

Note 4: Serving Suggestions

Serve the soup with crusty bread or a light salad for a complete meal.

Note 5: Dietary Adjustments

For a vegan version, ensure to use vegetable broth and omit any dairy toppings.



www.savorydiscovery.com

Carrot Soup

Cook techniques

Click next page below