

# Moroccan carrot soup



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Serves: 4  
Preparation: 20 minutes  
Cooking: 50 minutes

2 tbs olive oil	1/4 tsp cayenne pepper
2 medium onions, roughly chopped	1 kg carrots, peeled and chopped
2 garlic cloves, crushed	2 medium potatoes, peeled and chopped
1 tsp ground coriander	8 cups chicken or vegetable stock
1 1/2 tsp ground cumin	salt and ground black pepper
1/2 tsp ground turmeric	

1. Heat oil in a large saucepan over medium-high heat until hot. Add onions and garlic and cook, stirring often, for 3 minutes or until onion is soft. Stir in coriander, cumin, turmeric and cayenne pepper and cook for 1 minute until aromatic.
2. Add carrots and potatoes to pan, stir to coat in spice mixture and cook, stirring often, for 5 minutes. Add stock and season with salt and pepper to taste. Cover and bring to the boil, stirring occasionally. Reduce heat to medium-low and cook, stirring occasionally, for 40 minutes or until vegetables are tender.
3. Using a blender or food processor, puree soup until smooth and return to pan. Warm soup over low heat. Serve with a dollop of natural yoghurt or light sour cream and toasted Turkish bread, if desired.

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