



CREAMY CARROT & CHICKPEA SOUP



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Preparation 15 mins | Cooking 1 hour | Serves 4-6

2 tbs olive oil
1 medium brown onion, finely chopped
2 garlic cloves, finely chopped
750g carrots, peeled and roughly chopped
6 cups chicken stock
400g can chickpeas, drained and rinsed
reduced fat sour cream and wholegrain toast, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, for 3-4 minutes until tender. Add garlic and carrots and cook, stirring occasionally, for 5 minutes.

STEP 2 Stir in stock and chickpeas. Cover and bring to the boil. Reduce heat, partially cover and simmer, stirring occasionally, for 45-50 minutes until vegetables are very tender.

STEP 3 Using a stick blender, blend soup until smooth. Stir through cream. Gently heat until hot. Season with salt and pepper to taste. Ladle into serving bowls, top with a dollop of sour cream and serve with wholegrain toast.

Good for you... **CARROTS**

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.



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