

Top and Bottom Carrot Soup



Serves 6



30 minutes



Autumn



Carrot

INGREDIENTS:

- 1 large onion
- 2 cloves garlic
- 8 large carrots with tops
- 2 potatoes
- 2 tbsp olive oil
- 1 L chicken or vegetable stock
- 1-2 bay leaves
- Salt
- Low fat Greek yoghurt

METHOD:

Soup

1. Roughly chop onion, garlic, carrots and potatoes. Wash carrot tops and put it to the side.
2. Place the chopped vegetables in a large cooking pot with the olive oil. Cook on a medium heat for 3-4 minutes, until the onion is slightly translucent.
3. Add the stock, thyme and bay leaf, and cook for 20-30 minutes or until vegetables are soft.
4. Use a stick blender to blend the vegetables until smooth.
5. Add salt to your preference to the blended soup.

Carrot top sauce

1. Place the washed carrot tops and 2 teaspoons of salt in a saucepan.
2. Cover with hot water and boil for 2-3 minutes or until wilted.
3. Blend until smooth to make a sauce like consistency.

Serving - Serve the soup with the blended carrot top sauce and Greek yoghurt drizzled on top.

TIPS:

- *There is no need to peel the carrots or potatoes unless they are dirty.*
- *If you do not have a stick blender: After step 3, turn the heat off and let the soup cool down. Once cool, pour the mixture into a regular blender to turn into a smooth soup.*

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