



Carrot and coriander soup - Serves 4

Ingredients:

- 1 onion
- 2 tsp oil
- 1 large potato, peeled
- 6 large carrots, peeled
- 5½ cups (2 pints) vegetable stock
- 4 tbsp milk
- A handful of freshly chopped coriander

Method:

1. Peel and chop up the onion and fry it in some oil in a saucepan until it is golden brown.
2. Wash and chop the other vegetables.
3. Add the potato, carrots and stock to the onion.
4. Bring to the boil and simmer for 30-45mins until the ingredients are soft.
5. Allow to cool a little and mash the soup or use a blender, until smooth.
6. Add the milk and bring back to serving temperature.
7. Stir in the fresh coriander (but don't boil it as the milk may curdle).
8. Serve with plenty of fresh crusty bread.

Did you know ?

Coriander is a herb that has been used to help in aiding indigestion. Coriander seeds and leaves are used for treating urinary tract infections.

Carrots are high in a source of vitamin A. Vitamin A can help prevent night blindness. So it is true carrots can help you see in the dark.

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22 Tennant Street

Edinburgh

EH6 5ND

T: 0131 467 7326

E: admin@edinburghcommunityfood.org.uk

W : www.edinburghcommunityfood.org.uk