



Carrot Soup with Cumin

Serves 16-20 Child Sized Portions (1 per Child Sized Portion)

Preparation time: 15 minutes

Cooking time: 40 minutes

Common allergens: none

Equipment List

- Cutting board
- Knife
- Large saucepan
- Measuring cups
- Measuring spoons
- Stirring spoons

Nutrition Information

Calories	92 calories
Total Fat	2.7 g
Carbohydrates	16.2 g
Fibre	1.6 g
Protein	1.8 g
Sodium	141 mg

What You Need

INGREDIENTS	AMOUNTS	METRIC
Olive oil	2 tsp.	10 mL
Onion, chopped	1 whole	
Garlic cloves, chopped	2 cloves	
Cumin (or supplement chilli powder or Mexican seasoning)	1 tsp.	
Carrots, chopped	2 lb. (about 12)	900 g
Low-salt (sodium) or no-salt (sodium) chicken, vegetable broth or water		6 cups 1.5 L
Salt and pepper to taste		
Cilantro, mint or parsley (or dried parsley), chopped	2 tbsp.	30 mL

Instructions

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook gently for about five minutes, or until very fragrant. If the mixture starts to stick or brown too much, add a few spoonfuls of water.
2. Add cumin (or seasoning) and cook for 30 to 60 seconds, or until fragrant, stirring constantly.
3. Add carrots and stock. Bring to a boil. Reduce heat and simmer gently until vegetables are very tender, about 40 minutes.
4. Puree soup using a blender, immersion blender or potato masher. If the soup is too thick, add water. Taste and season with salt and pepper. Sprinkle with cilantro (or alternative herb) before serving.



Recipe taken from Heart Smart, The Best of HeartSmart Cooking (2006)