

Tomato and Carrot Soup



L Prep: 20 minutes

L Cook: 35-40 minutes



Serves: 4

Recipe info

Ingredients

2 medium onions
8 medium carrots
5 fresh tomatoes
1 clove garlic
2 tbsp olive oil
2 tsp ground cumin
1 vegetable or chicken stock cube
900ml boiling water
Handful rocket leaves
Pinch of salt and pepper
2 tsp crème fraiche

Equipment

Peeler
Sharp knife
Chopping board
Garlic crusher
Measuring spoons
Large saucepan
Kettle
Measuring jug
Hand blender or food processor
Large serving bowl



Description

Good warm or cold, this bright, tasty soup can be made ahead and frozen. This soup is tastiest if the tomatoes are bought in September when they are most ripe and juicy.

Method / What to do

1. Peel and chop the onion and carrots, then wash and chop the tomatoes, peel and crush the garlic.
2. Gently heat the oil in the saucepan for 2 minutes, then add the onions and garlic and fry for 2 – 3 minutes until soft.
3. Add the cumin, carrots and tomatoes and fry gently for another 2 – 3 minutes.
4. Make up the stock by adding the boiling water and stock cube into the jug, then stir until the stock cube has dissolved.
5. Pour the stock into the pan; bring to the boil then leave to simmer for 20 minutes.
6. Wash and chop up the rocket.
7. Add most of the chopped rocket into the pan, saving a small amount for garnishing.
8. Cook for a further few minutes until the rocket has wilted and the carrots are cooked.
9. Add salt and pepper to taste then stir.
10. Leave the soup to cool for 5 minutes then liquidise using a hand blender or food processor.
11. Pour the soup into a large serving bowl; spoon over the crème fraiche and sprinkle the remaining rocket leaves over the top.

Variation

- ⊙ If you prefer a coarse soup with vegetable pieces, do not blend the soup.