

Carrot Soup

Ingredients:

- Carrots, 2 pounds (about 12 to 16 carrots)
- Onion, 1 large
- Garlic, 4 to 6 cloves
- Olive oil, 2 tablespoons
- Ground coriander, ¼ teaspoon
- Ground cumin, ½ teaspoon
- Salt, ½ teaspoon (or more to taste)
- Red pepper flakes, a pinch
- Vegetable broth, 4 cups

Method:

- Remove the ends and peel carrots and then dice or thinly slice.
- Remove the skin and chop onion.
- Peel and smash garlic.
- Heat olive oil in a large pot over medium heat. Add carrots, onion, garlic, coriander, cumin, salt and pepper flakes and sauté for about 15 minutes, stirring occasionally.
- Add broth, cover pot with lid and simmer on low, stirring occasionally, for about 30 minutes.
- Purée soup in a blender or with an immersion blender until smooth.

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