

Moroccan Carrot Soup



So it's time for another belly warmer and this week we're feeling Moroccan inspired with a delicious carrot soup. Using the traditional flavours of cumin, coriander, lemon and mint, this is a beautifully warming soup to share with family and friends during winter. Enjoy preparing and eating it as we did.

Serving Size: 6

Ingredients:

2 tablespoons extra virgin olive oil

1 red onion (diced)

a pinch Fine Pink Himalayan salt (to taste)

1.5kg carrots (cut into 2.5cm pieces)

1 teaspoon cumin ground

1/2 teaspoon ground coriander

1/2 teaspoon ground cinnamon

a pinch of chilli flakes (to your heat liking)

1/2 teaspoon saffron threads

1.5 litres of vegan stock or bone broth (you may use chicken, beef, or lamb if preferred)

2 1/2 tablespoons of lemon zest

1 tablespoon of freshly squeezed lemon

Fresh coriander and mint to garnish (chopped)

Method:

1. Saute the onion and salt in olive oil over medium heat in a soup pan until translucent (about 4 minutes).

2. Stir in the carrots, cumin, coriander (ground), cinnamon, chilli flakes and saffron threads and cook for another 5-10 minutes until aromatic and soft.
3. Pour in 125ml of the stock/broth and simmer until the liquid is reduced by half.
4. Add the remaining stock/broth and another pinch of salt and cook until the carrots are tender (about 20 minutes).
5. Put the lemon zest in a blender and puree the soup in batches until it is very smooth. If need be, add additional broth to reach the desired thickness.
6. Return the soup to the pot over low heat, stir in lemon juice and gently reheat.
7. Season with extra salt and some black pepper if desired.
8. Serve piping hot with a garnish of diced fresh coriander and mint leaves. Enjoy...

Gluten Free | Dairy Free | Sugar Free | Vegan option

If you like this soup you may also like our Moroccan Sweet Potato, Carrot and Chickpea Soup