



Carrot Soup

If you're looking for a healthy dish on a cold winter's night, this carrot soup recipe is for you. This is incredibly simple and easy to zest up with whatever spice(s) you like. (Garam masala is my personal favorite.) You can prepare this with rice; if you don't have any rice handy, it also goes great with a baguette on the side.

Ingredients

- 2 large carrots, sliced
- 1 clove garlic
- 1 slice of fresh ginger
- 1 vegetable stock cube
- 1 cup of rice (optional)
- Olive oil
- A pinch of salt and pepper
- 2 cups of water

Preparation process

Add a splash of olive oil, the ginger and garlic in a pot, and heat for one minute

Once heated, add the carrots and stir

Add the cube of vegetable stock and 2 cups of water and stir. (For a thicker soup, you can also add 1 cup of dry rice.)

Bring to a boil and cook for 10 minutes, or until the carrots and rice are soft

Pour the soup into a blender and mix.

Return to the pot under medium heat for one minute and serve.

If you want to watch the video again. Click [here](#).