

Spiced Carrot Soup

Ingredients

1 Tbsp vegetable oil
2 cups of chopped shallots
1 stalk celery, chopped
2 cloves garlic, chopped
1 tsp chopped fresh thyme
1 tsp fresh peeled ginger
5 cups chopped carrots (use heirloom for darker colour)
6 cups vegetable broth
 $\frac{1}{2}$ tsp salt
ground white pepper to taste

Procedure

1. Heat the oil in a pot over medium heat. Add onion, celery and carrots, and cook it covered until golden brown, about 8 to 10 minutes. Add garlic, thyme and ginger.
2. Add vegetable broth, bring to a simmer over high heat. Reduce heat to maintain a simmer and cook until vegetables are very tender, about 25 minutes.
3. Puree the soup in batches in a blender until smooth. Season with salt and pepper to taste.

