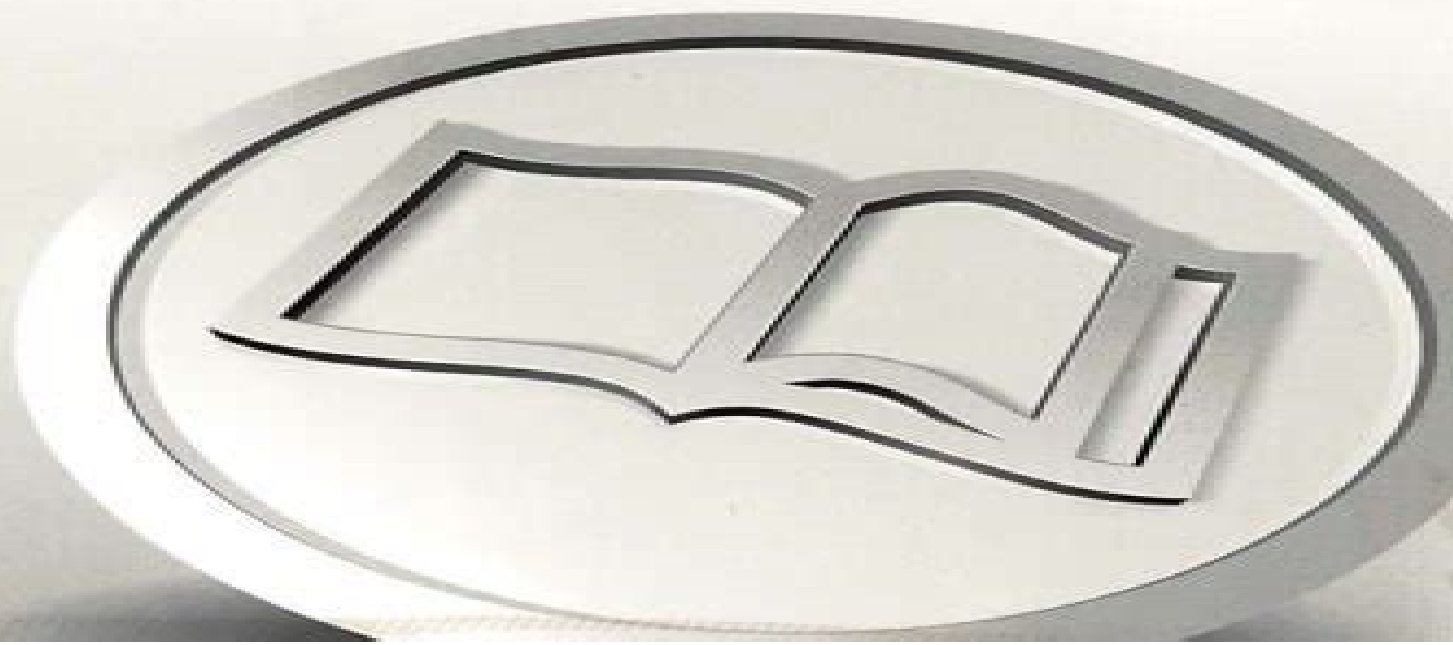




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web method step 1 heat 1 tbsp of the oil in a large saucepan or casserole pot fry the onion and celery gently for 5 mins add the crushed garlic and cook for 1 min more tip in the carrots stock and thyme then season and bring to the boil lower to a simmer and cook covered for 25 mins until the carrots are softened step 2

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web feb 11 2023 recipe adapted from my creamy roasted cauliflower soup and roasted carrots recipe carrot ginger soup variation add freshly grated ginger with the garlic and ground spices use 1 teaspoon for subtle ginger flavor 2 teaspoons for more prominent flavor or 1 tablespoon for relatively spicy carrot ginger flavor

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web roasted carrot soup is an easy carrot soup recipe with tomatoes garlic cumin and greek yogurt to make it creamy and filling this tomato based vegetarian soup is simple healthy and the leftovers are perfect for lunches and dinners all week long

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web feb 19 2019 clocking in at just 351 calories for a big bowl carrot soup is creamy deliciousness that s full of nutrition bacon is the secret ingredient though this creamy carrot soup does have a wee bit more in it than just carrots onion and garlic they are mostly pantry essentials with the other things being optional like bacon

easy carrot soup recipe simply recipes - Oct 03 2023

web sep 11 2023 the basics of carrot soup the key to carrot soup is unsurprisingly the carrots if you can try to get a few bundles of the smaller carrots with the stems still on i find the bulk bags of de stemmed carrots are less sweet ultimately though you can use any carrot even purple or white ones and i won t yell at you

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web feb 14 2022 why it works roasting a portion of the carrots adds complexity and intensifies their sweetness the addition of carrot juice enhances the overall carrot flavor sweating the aromatics softens them and releases their allium flavors puréeing the soup with butter produces a rich silky texture

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web jan 8 2020 add diced onion celery and sliced carrots and cook 6 8 min add minced garlic salt and black pepper and cook another minute add chicken broth and simmer partially covered 20 25 min until carrots are soft puree soup in batches in a blender or use an immersion blender