

Curried Carrot Soup

Center for Ecoliteracy -

Cooking with California Food

Flavor Profile: Middle Eastern/Indian

Serves 4



Ingredients:

1 1/2 T Extra Virgin Olive Oil (aka EVOO)

1 large shallots, minced

1 1/2 lbs carrots, peeled and coarsely chopped

1 t curry powder (we used more)

6 c low-sodium broth

(recipe calls for chicken broth, we use vegetable)

2 T fresh orange juice

Freshly ground pepper

Directions:

1. In a large saucepan over medium heat, heat the oil. When it is hot, add the shallot and sauté until soft, about 2 min. Add the carrots, curry powder, and broth. Increase the heat to medium-high and bring to a boil. Reduce the heat to low, cover, and cook until the carrots are tender, about 20 minutes.
2. Remove from heat and add the orange juice. Using a food processor or blender, process to a smooth puree. Taste and season with salt and pepper. Drizzle with the remaining olive oil.

Note: Butternut squash and sweet potatoes also lend themselves to curried flavors, and could be substituted for the carrots here for a fall version of the soup.

Nutritional info not available at this time.