

# KASHMIRI CARROT SOUP



*Yields:*

approximately 23 x 250 ml portions



## INGREDIENTS

Canola Oil	30 ml
Onion, diced	575 g
Garlic, minced	30 g
Ginger, minced	15 ml
Cumin, ground	15 ml
Coriander, ground	15 ml
Turmeric Powder	15 ml
Cayenne Pepper	5 ml
BC Carrots, diced	2 kg
Large Potatoes, diced	2 - 3
Vegetable Stock	3.5 L
Evaporated Milk (1%)	500 ml
Plain Yogurt	125 ml
Minced Cilantro or Green Onions, diced	to garnish

## DIRECTIONS

1. Heat oil in soup pot and sauté the onions, garlic and ginger until the onions begin to caramelize. Add spices and cook for 2 minutes. Add carrots and sauté for a further 5 minutes.
2. Add the potatoes and stock. Bring to a boil, reduce heat and simmer until vegetables are tender. Remove from heat and add evaporated milk.
3. Purée in blender. If too thick, thin with extra stock or water.
4. Serve garnished with a spoonful of plain yogurt and minced cilantro or diced green onions.