

Carrot and parsley soup

INGREDIENTS

1kg of carrots

1 large bunch of parsley

2 celery stalks

2 potatoes

1 onion or 4 spring onions

2 cloves of garlic

1 Tbsp of veg oil

1 litre of veg stock

200 ml of milk

METHOD

Wash and dry the fresh produce.

Make the stock as per directions on tin.

Chop top end off carrots and cut into 3cm pieces. (Carrots don't need to be peeled)

Cut the potatoes and onions into ¼'s

Peel and cut the garlic in ½

Cut the celery into 3cm pieces.

Remove the stalks from parsley and roughly chop.

Using the large stock pot, add oil and place on stove , medium heat.

Add all ingredients EXCEPT the parsley.

Cook for 2 minutes stirring all the time with a wooden spoon.

Add stock, cook on high for 10 minutes with the lid on, or until carrots are soft.

Add parsley, cook for 1 more minute.

Remove from stove. Let cool for 5 minutes, then blend in batches using food processor. Add milk, combine and serve immediately.