

Roasted Carrot Soup with Coriander

Recipe By *Daphna Rabinovitch*



Cooking and Prep:  1
h 20 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Medium

Occasion: Passover, Rosh
Hashanah

Diet: Vegetarian, Gluten Free,
Pescetarian, Vegan, Paleo,
Sugar Free

Source: KosherScoop.com

Ingredients (12)

Main ingredients

- 1/4 cup vegetable oil, divided
- 9 carrots (about 2 and 1/2 pounds), peeled and cut into large chunks
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

- 2 onions, chopped
 - 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
 - 1 tablespoon finely minced fresh ginger or 3 cubes **Gefen Frozen Ginger**
 - 2 tablespoons chopped coriander
 - 1 tablespoon chopped fresh mint
 - 1 teaspoon ground coriander or curry powder
 - 7 cups **Empire Chicken Broth** or vegetable stock
 - 1/4 cup fresh cilantro leaves
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Start Cooking

For the Soup

1. Preheat the oven to 375°F.
2. Toss the carrot chunks with two tablespoons of the oil. Sprinkle with the salt and pepper. Arrange the carrots on an aluminum foil-lined baking sheet. Roast in the center of the preheated oven, turning the carrots three times, until soft and roasted, about 45 minutes. Set aside.
3. Heat the remaining oil in a large soup pot or Dutch oven. Add the onions; cook, stirring, until softened, about three minutes. Stir in the garlic and ginger for one minute. Stir in the fresh coriander, mint and ground coriander for one minute. Stir in the carrots until well coated with the onion mixture and the herbs.
4. Pour in the chicken stock. Bring to a boil. Reduce the heat and simmer, until the carrots are very tender, 15 to 20 minutes.
5. In batches, puree the soup in a blender or food processor.
6. Garnish each bowl with sprigs of fresh coriander.

Note:

If you prefer your soups quite thick, feel free to reduce the stock by half a cup. Conversely, to thin the soup, add a bit more stock.

Soup can be covered and refrigerated for up to 48 hours. Return to a low heat and reheat before serving.

Tip:

If you don't have time to roast the carrots, simply add the chopped carrots after the herbs have been stirred in and increase the cooking time to about 30 minutes.