

Recipe
Carrot Soup

By
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Ingredients

- 10 medium sized carrots, peeled
- 4 C water
- 2 bay leaves
- ½ Tsp yellow asafetida powder
- 2 Tbsp chopped fresh parsley
- 1 Tsp salt
- 1 Tbsp olive oil
- 1 Tbsp chopped ginger
- 1 Tbsp rice
- ¼ Tsp ground black pepper

Preparation

1. Shred two carrots and dice the remaining 8 carrots.
2. Prepare the stock by combining shredded carrots, water, bay leaves, ¼ Tsp asafetida, parsley and ½ Tsp salt in a saucepan. Bring to a boil, and then simmer. Cook covered for 30 minutes.
3. Heat oil in a pot over moderately heat. Sprinkle the remaining asafetida; add the ginger, rice and the diced carrots. Cook for 2-3 minutes. Pour the stock through a strainer. Add more water if required. Add the remaining salt and black pepper. Cover the pot; simmer until the carrots and rice are fully cooked.
4. Puree the soup, and then return back to the pot. Cook for 10 more minutes. Serve hot.

Serves

4

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