



JERNEJ KITCHEN

CREAMY CARROT SOUP

Creamy Carrot Soup is a quick and easy recipe for a midweek meal. We are using easily accessible ingredients for a soup adored by kids and adults.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	25	MINUTES
TOTAL TIME:	30	MINUTES

CARROT SOUP

2 large carrots (250g / 1/2 pound)

40 g (3 tbsp) unsalted butter

1 tsp olive oil

1/2 onion

3 tbsp (45g) semolina

1 litre water or vegetable stock (4 cups)

1/4 tsp ground cumin

1/4 tsp thyme

PREPARATION AND COOKING

Peel the carrots and grate it finely. Place a pot over medium heat. Add the butter, olive oil, diced onion and semolina. While stirring continuously, cook for 5 minutes. Add the carrot and cook for 5 minutes while stirring occasionally.

COOK AND SERVE

Add water or stock to the veggies and bring to a boil. Season with cumin, thyme, salt, pepper, and cook for 15 minutes. Using a handheld immersion blender or blender, mix into a smooth soup. Right before serving, check the seasoning, then serve with [croutons](#).

TOOLS AND EQUIPEMENT Sponsored

peeler

pot