



CARROT SOUP WITH HONEY

Sutton Soup #4 January 2017

Serves 6

This soup sounds like it would be sweet, but it isn't. It's great if you are feeling a bit run down, as you stir the honey in at the end and don't cook away all its' goodness!

You can really make a difference to the taste by using top quality ingredients, and ring the changes with different types of honey.

INGREDIENTS

2 tbsp extra virgin olive oil

2 onions

4 cloves garlic

1.2 kilos organic carrots

1.5 litres vegetable stock

2 tbsp runny honey

Peel and chop the onions and garlic. Gently heat the olive oil in a large pan and add them to it.

Cook for around five minutes, until softened.

Peel and roughly chop the carrots. Add them to the pan along with the vegetable stock. Bring to the boil and then cover with a lid and simmer for 40 minutes, or until the carrots are very tender.

Turn off the heat and leave the soup, covered, for around ten minutes so that it cools slightly. Add the two tablespoons of honey and some salt and pepper. Stir, then blend until smooth with a hand blender. Your soup is ready! Serve with some decent bread and maybe a sliver of blue cheese...

