

ELIZABETH

MEATYARD

EXCLUSIVE RECIPES, QUICK, EASY, DELICIOUS...



Carrot and Cumin Soup

LIVING WITHIN
A Digger, Farmer, Brighton Foodie



It is too easy to buy ready made fresh soups now and yet nothing tastes as good as homemade soup. Hope you like this one.

In a heavy based pot fry the pancetta and onion for a few minutes, then add the potatoes, carrots and cumin.

Cook on a low heat until soft (you may need to add a little of your stock if mixture becomes too dry). Once the vegetables are almost cooked add the stock (about 2 pints). Allow the soup to simmer for about 15 minutes and then blend. The soup should be quite a thick consistency.

Serve with a swirl of cream and a little chopped flat leaf parsley, and of course your favourite crusty bread.

YOU WILL NEED:

- 1 small pack of pancetta bacon
- 1 medium size red onion diced
- 6 medium size carrots, peeled and diced
- 3 medium size potatoes, Maris Piper or King Edwards, peeled and diced
- 1 teaspoon cumin seed and half teaspoon ground cumin
- 1 vegetable stock cube
- Flat leaf parsley
- Single cream to swirl
- Salt and pepper to taste

Elizabeth Meatyard writes exclusively every month for LIVING WITHIN, sharing recipes that you can cook and eat, day in, day out.

When she's not writing, Elizabeth runs a catering company, From Me To You, based in Surrey.