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Recipe © Rosemary Conley Enterprises

CARROT & CORIANDER SOUP (V)

An immunity boosting and vitamin rich soup.

Serves 6

Per serving: 87 calories, 0.9g fat

Prep time: 10 mins

Cook Time: 30 mins

INGREDIENTS

3 medium onions, chopped
1 garlic clove, crushed or ½ teaspoon 'easy garlic'
450g carrots, diced
600ml vegetable stock
1 Knorr vegetable Stock Pot
½ teaspoon ground coriander
2 tablespoons chopped fresh coriander
60ml fresh orange juice
Freshly ground black pepper
Sprigs of coriander to serve

METHOD

1. Place the onion, garlic and carrots in a large saucepan or in a soup-maker. Add the vegetable stock and the stock pot plus the ground coriander and cook for 25 minutes.
2. Pour into a liquidiser or pulse in your soup-maker until smooth. Pause and add the fresh coriander and the orange juice and liquidise/pulse again.
3. When serving, add a sprig of coriander.

