

CARROT CREAM SOUP

INGREDIENTS:

1lb (400g) carrots

½ pint (284 ml) vegetable stock

1 large onion

1 tablespoon minced parsley

1 pint milk

METHOD:

Scrub carrots and steam until tender.

Chop the onion and stew separately in a little milk.

Add to the carrots and put through a sieve.

Add rest of milk and vegetable stock and heat.

Just before serving add the parsley.

