

Carrot and Coriander Soup

From – *The Cook's Encyclopedia of Soups*

4 Tbsp butter
3 leeks – sliced
3 cups sliced carrots
1 Tbsp ground coriander
5 cups chicken stock
2/3 cup thick plain yogurt
salt & pepper
2-3 Tbsp chopped fresh cilantro

- Melt the butter in a large pan.
- Add the leeks and carrots and stir well.
- Cover and cook for 10 minutes until the vegetables are beginning to become soft.
- Stir in the coriander and cook for 1 minute.
- Pour in the stock and add salt & pepper to taste.
- Bring to a boil, lower heat, cover and simmer for about 20 minutes until the leeks and carrots are tender.
- Let cool slightly.
- Puree with blender until smooth.
- Add 2 Tbsp yogurt and reheat gently. Do NOT boil.
- Taste to adjust seasoning.
- Use remaining yogurt and cilantro to garnish.



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