

Curried Carrot Soup

from In Our Grandmothers' Kitchens

Ingredients:

1 stick butter (you may certainly use less butter if you like; this makes a very rich soup!)
2 large onions, roughly chopped
2 cloves garlic, roughly chopped
2 medium potatoes, roughly diced (2 large potatoes make a heartier soup)
2 pounds carrots, roughly diced (between 5 and 6 cups)
6 cups vegetable or chicken stock
2 teaspoons salt (and/or to taste)
1 teaspoon cumin
1 generous tablespoon curry powder
the juice of 1/2 lemon

Instructions:

In a large saucepan or Dutch oven melt the butter. Sauté the onions and garlic; then stir in the potatoes and carrots. Cook for a few minutes, stirring frequently, and then add the stock and the salt.

Bring the mixture to a boil. Cover the soup, and reduce the heat. Simmer until the vegetables are tender (about 1/2 hour).

Puree the soup, either in batches in a blender or in its pot using an immersion blender. Stir in the spices, and heat the soup again briefly. Taste and adjust seasonings. Just before serving add the lemon juice.

Serves 6 to 8.

If you don't use all your soup at the first serving, you may certainly refrigerate the leftovers for another meal. When you reheat the soup it tends to become very thick and erupt. Feel free to add a bit more stock to settle it down. You may also want to add more spices as their flavor tends to dissipate over time.