



Chilled Carrot Soup

with Apricot Chutney (can also be served hot)

Makes 4 servings ~ \$9.50 (\$2.38 per serving)

Ingredients

1 onion/leek, diced
1 potato, peeled and diced
4 cups carrot, peeled and diced
3 cups vegetable stock
Balsamic or sherry vinegar
Chopped cilantro for garnish

Directions

1. In a 2 quart pot melt 1/4 cup butter or olive oil. Add the leek/onion and cook over medium heat for a few minutes to soften. Do not brown.
2. Add potato and carrots. Continue to cook over medium heat, stirring often, until potato and carrots are soft, but not brown.
3. Add vegetable stock and simmer for 30 minutes. Blend until smooth, season with salt and pepper and the vinegar. Chill before serving (can also be served hot).

Chutney – Makes 4 servings ~ \$3.73

1 cup diced apricot
1/4 cup diced red onion
1/4 cup balsamic vinegar
2 Tbsp. brown sugar
2 tsp. brown mustard seed
1 tsp. ground ginger

1. Warm oil in a saucepan. Add the onion and apricots and cook over medium-low heat for 5 minutes.
2. Add sugar, balsamic vinegar, mustard seed and ginger. Simmer over low heat for about 30 minutes, stirring often. Do not allow mixture to stick to the pan or it will scorch. When finished it should be thick. Season with salt.

To serve: Ladle into a bowl. Place a tablespoon of chutney in the middle of the soup. Garnish with chopped cilantro.

Recipe courtesy of Kim Müller

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