

## Carrot Soup – ingredients are per person

30g/ 1 oz butter (or a little olive oil)

1 carrot peeled & sliced

1 small potato peeled & sliced

¼ onion chopped

290ml/ 10 fl oz vegetable stock (half a cube dissolved in boiling water)

1 tablespoon orange juice

Melt the butter or heat the olive oil in a saucepan

Add the onion and fry for 2 minutes

Add the carrot and potato & fry for 2 minutes

Pour in the stock & orange juice

Simmer for 15 minutes

Leave to cool for 5 minutes

Use the hand blender to smooth (please ask for an adult to help as soup will be hot and you could burn yourself)

Reheat & serve.