

Carrot Soup

25g	Onion
25g	Celery
200g	Carrot, sliced
25g	Leek
25g	Butter (or margarine)
25g	Flour (white or wholemeal)
½tspn	Tomato puree
500ml	Chicken stock
	Salt & pepper



Gently cook the sliced vegetables in the butter with a lid on the pan, without colour, until soft. Mix in the flour.

Cook over a gentle heat for a few minutes without colouring.

Mix in the tomato puree.

Gradually add the hot stock. Stir to the boil.

Simmer for 45-60 mins. Skim when necessary.

Pass firmly through a sieve then through a medium strainer or liquidise.

Return to a clean pan, re-boil, correct the seasoning and consistency.