



CENTRE FOR AUTISM
MIDDLETOWN

HOW TO MAKE CARROT SOUP



A STEP BY STEP GUIDE



HOW TO MAKE CARROT SOUP

Equipment:



Peeler



Chopping board



Knife



Measuring jug



Saucepan



Teaspoon



Wooden spoon



Kettle



Blender



Ingredients:



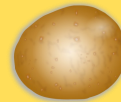
300g peeled carrots



1 small onion



1 small potato



1 teaspoon ground coriander



725ml Vegetable Stock



Salt



Pepper



Cooking oil



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Method:

1. Peel carrots and chop into small pieces.
2. Peel the onion and chop into small pieces.
3. Peel the potato and chop into small pieces.
4. Put the saucepan on the hob and turn on the ring.
5. Put a small amount of oil in the saucepan.
6. Fry the onion in the oil until soft.
7. Add the potato and coriander to the saucepan.
8. Cook for 2 minutes.
9. Fill the kettle with water and boil.
10. Put the vegetable stock cube into the measuring jug and carefully add 725ml of boiling water.
11. Add the carrots and vegetable stock to the saucepan.
12. Cover and simmer for 15 - 20 minutes.
13. Blend the soup.
14. Season the soup with salt and pepper.

Eat and enjoy!

