Carrot and Coriander Soup
From – The Cook's Encyclopedia of Soups

4 Tbsp butter
3 leeks – sliced
3 cups sliced carrots
1 Tbsp ground coriander
5 cups chicken stock
2/3 cup thick plain yogurt
salt & pepper
2-3 Tbsp chopped fresh cilantro

• Melt the butter in a large pan.
• Add the leeks and carrots and stir well.
• Cover and cook for 10 minutes until the vegetables are beginning to become soft.
• Stir in the coriander and cook for 1 minute.
• Pour in the stock and add salt & pepper to taste.
• Bring to a boil, lower heat, cover and simmer for about 20 minutes until the leeks and carrots are tender.
• Let cool slightly.
• Puree with blender until smooth.
• Add 2 Tbsp yogurt and reheat gently. Do NOT boil.
• Taste to adjust seasoning.
• Use remaining yogurt and cilantro to garnish.

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