

# CARROT, SESAME & LIME SOUP

## [VEGAN & GLUTEN FREE]

Serves: 6

Prep & Cooking Time: 35-40 mins (\*Dependent upon skill & the number of kitchen helpers!)

Type: Main Meal

Tools: Chopping board, sharp knife, veggie peeler, measuring jug, non-stick pot, ladle, blender, resealable container

Courtesy of: Eat2Health Blog



*For the lovers of carrot, sesame, lime (and tender butterbeans alike!), this one is for you; a delicious soup with minimal prep, cooking, assembly and big flavours! For the tahini newbies, just adjust the tahini or to your own personal tastes. So go on and enjoy a vibrant and healthful bowl of this soup with your favourite toppings and some crusty bread tonight. Happy cooking everyone! :)*

### Ingredients

900g	Carrot		Ground Black Pepper
500g	Sweet Potato	2	Limes
200g	Banana Shallots	1/3 cup	Tahini
5g	Garlic Clove (1 fat one!)	240-480g	Cooked Butter Beans
1.5L	Vegetable Stock (low-salt/GF if required)		(1-2 tins or 120-240g Dried /Cooked)
½ tsp	Ground Coriander (1-2g)	200ml	Unsweetened Almond Milk (fortified)
½ tsp	Ground Turmeric (1g)		

### Directions

1. Wash, peel, trim the ends and roughly slice the carrots. Wash, peel and roughly chop the sweet potato. Peel and roughly slice the shallots. Peel the garlic.
2. Heat 1.5L of water in a large non-stick pot over a medium heat. Bring to a boil. Add the stock. Whisk to dissolve. Add the carrot, sweet potato, shallots, garlic, 1-2g ground coriander and 1g ground turmeric. Season it with a few grinds of black pepper. Stir together. Cover with a lid. Bring back to a boil. Simmer and cook for about 8-10 mins or until vegetables have softened. Remove from the heat and allow the soup to cool slightly.
3. In the meantime, wash the limes, grate some zest (as much as you like, but we used the zest of both limes!) and then juice them.
4. Assemble the soup!
  - A. Transfer the soup mixture (as much as possible!) into a blender. Add the lime zest and juice and tahini.
  - B. Blend until smooth and creamy.
  - C. Drain and wash the beans (if applicable) and place them into a pot or large and resealable container (as we did for our meal prep).

- D. Transfer the puréed soup into the pot or container. Repeat steps one and two until all of the soup has been puréed.
- E. Add the DF milk into the blender (when you have finished puréeing the soup). Quickly pulse to help remove any bits of soup stuck to the sides of the blender.
- F. Transfer the DF milk into the soup.
- G. Stir together. Taste and season it as necessary.

*Tip: Don't have a blender? Use a food processor or a hand-held stick blender and blend the soup in the pot instead!*

5. Warm the soup in a pot over a medium-low heat and do not allow to boil (if applicable).
6. Ladle the soup into a serving bowl. Garnish with fresh coriander, sliced onion, seeds, a wedge of lime or a piece of dehydrated lime, a drizzle of tahini or whatever takes your fancy! Serve with a large piece of warmed multi-grain crusty bread, pitta or toast.

Enjoy!

*Tip: Refrigerate any leftover soup in an air-tight and resealable container; reheat and consume within 3-4 days. Alternatively, freeze the soup in one or more containers; defrost and reheat within 1-2 months.*

## Notes:

- We recommend using more than one tin of beans.
- If you are new to tahini, add a little and see how you get on; adjust to taste. Alternatively, try using some plain houmous instead!
- Quick Foodie Facts:
  - Carrots are a cheap, versatile, delicious and a nutritious root vegetable that come in a variety of colours! Enjoy them raw or cooked in a sweet or savoury dish! They're a great source of Vitamin A and fibre and also contain: Vitamin C, calcium, potassium (just to name a few!) amongst many other great nutrients!
  - Tahini is a delicious and 'calorific' paste made from sesame seeds and oil. It's a great source of: B-Vitamins, minerals (such as calcium, iron, magnesium, phosphorus, potassium and zinc) and Mono & Poly Unsaturated fats!
  - It's a staple in many cuisines including but not limited to: Cypriot, Greek, Middle Eastern and North African. It can be served au natural (as a dip or seed-based spread!) or as a flavouring component to soup, sauces, salad dressings, houmous, dips, baked goods, desserts or even as an egg-free binder for egg-free or plant-based cooking and/or baking! Check out some of our other recipes that include tahini for some further inspiration!