

Carrot Soup

Gajar Saar



- 2 cups carrots – peeled and chopped
 - Water
 - Salt and sugar to taste
 - Pinch nutmeg
 - ½ tsp butter or ghee - optional
 - 2 tsp yogurt – optional
 - Black pepper to taste
 - Chives to garnish - optional
1. Place the carrots in a pot and cover with water. Boil until the carrots are soft.
 2. Cool slightly then blend the carrots and water together till smooth.
 3. Add more water after blending if a thinner soup is desired.
 4. Add sugar, salt, nutmeg, pepper and butter. Bring to the boil.
 5. Serve with yogurt if desired and a few chopped chives.