

# Tomato and Carrot Soup

Delicious, healthy and nutritious. A fantastic, easy recipe that is perfect for the winter months!

## Cooking Aims:

- To peel and chop hard ingredients safely.
- To season a recipe to taste.

## Ingredients:

- 2 medium onions
- 6 medium carrots
- 5 fresh tomatoes
- 1 clove garlic
- 2 tsp ground cumin
- 1 vegetable stock cube
- 900ml boiling water
- Handful of rocket leaves
- Pinch of salt and pepper



## What we need to do:

- Peel and chop the onions and carrots. Chop the tomatoes and crush the garlic. Depending on whether you'll choose to blend the soup at the end, decide how big you want the pieces chopped to.
- Gently heat a little oil in a saucepan and add the onions and garlic for 2-3 minutes until soft.
- Add the cumin, carrots and tomatoes for 2-3 minutes.
- Meanwhile add the stock cube to boiling water, mix, then add to the pan. Bring to the boil and leave to simmer for 20 minutes.
- After 20, add some chopped rocket and allow to wilt for a few minutes.
- Then, leave the soup to cool for a few minutes off the heat and blend with a hand blender (optional).

## CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at [www.facebook.com/classroomkitchen](http://www.facebook.com/classroomkitchen) or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome