Carrot and Sweet Potato Soup

Shopping List:

5 to 6 carrots.
1 large sweet potato.
1 tin of chickpeas.
1 onion.
2 teaspoons of garlic paste.
1 teaspoon of ginger.
Olive oil.
1 teaspoon of cumin, paprika and cinnamon.
Salt and pepper.

Gather Utensils:

A blender or stick blender.
A peeler.
A teaspoon.
A chopping board.
A pot.
Chopping board.
Baking tray.
Greaseproof paper.
A knife.

activityhub@smh.ie

Carrot and Sweet Potato Soup

Step 1.

Pre heat the oven to 200 degrees Celsius or 180 fan.

Step 2.

Peel the sweet potato.

Step 3.

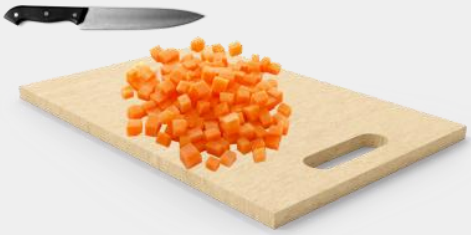
Cut the sweet potato into small cubes.

Stay safe when using a knife.

Carrot and Sweet Potato Soup

Step 4.

Peel the carrots.



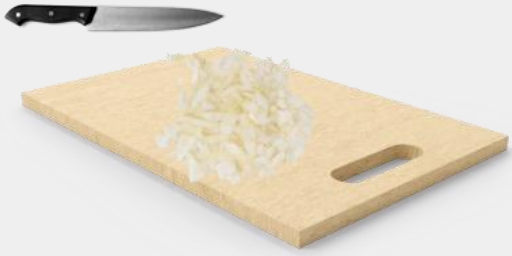
Step 5.

Cut carrots into small cubes.

Stay safe when using a knife.

Step 6.

Peel the onion.



Step 7.

Roughly dice the onion.

Stay safe when using a knife.

Carrot and Sweet Potato Soup

Step 8.

Drain the chickpeas and add to the baking tray.

Step 9.

Add two teaspoons of olive oil, salt and pepper and mix.

Step 10.

Place the chickpeas in the oven for 25 minutes.

Step 11.

Turn the hob on to medium/high heat.

Carrot and Sweet Potato Soup

Step 12.

Add 2 tablespoons of olive oil and your diced onions to the pot.

Step 13.

Add a teaspoon of ginger and two teaspoons of garlic.

Step 14.

Add your carrot and sweet potato to the pot.

Step 15.

Add 1 teaspoon of paprika, cumin, cinnamon and mix well.

Carrot and Sweet Potato Soup

Step 16.

After 5 minutes.

Add 800-1000ml of water and cook for 30minutes.

Step 17.

Remove the chickpeas from the oven.

Step 18.

Allow your cooked vegetables to cool

Add to a blender or use a stick blender.

Carrot and Sweet Potato Soup

Step 20:

Blend until smooth and add extra water if too thick.

Final Step:

Pour your soup into the bowl and add the chickpeas.

Enjoy!