

Carrot and Sweet potato soup

SMH ACTIVITY
HUB



Ingredients

- .6-7 carrots (300g)
- .Large sweet potato (450g)
- .1 tin of chickpeas (240g)
- .1 onion (100g)
- .2 garlic (12g)
- .2 slices of ginger (10g)
- .Olive oil
- .-1 teaspoon: cumin, paprika, cinnamon, salt, pepper
- .Water (1000ml)



Equipment

- Cutting Knife
- Large Pot
- Peeler
- Teaspoon
- Blender or Blender stick
- Baking Tray
- Greaseproof paper
- Measuring Jug



STEP 1

Preheat the Oven to 200 or
Fan oven 180



STEP 2

Peel a sweet potato



STEP 3

Cut the sweet potato into small cubes



STEP 4

Peel the carrots



STEP 5

Cut the carrots into small cubes



STEP 6

Peel the onion



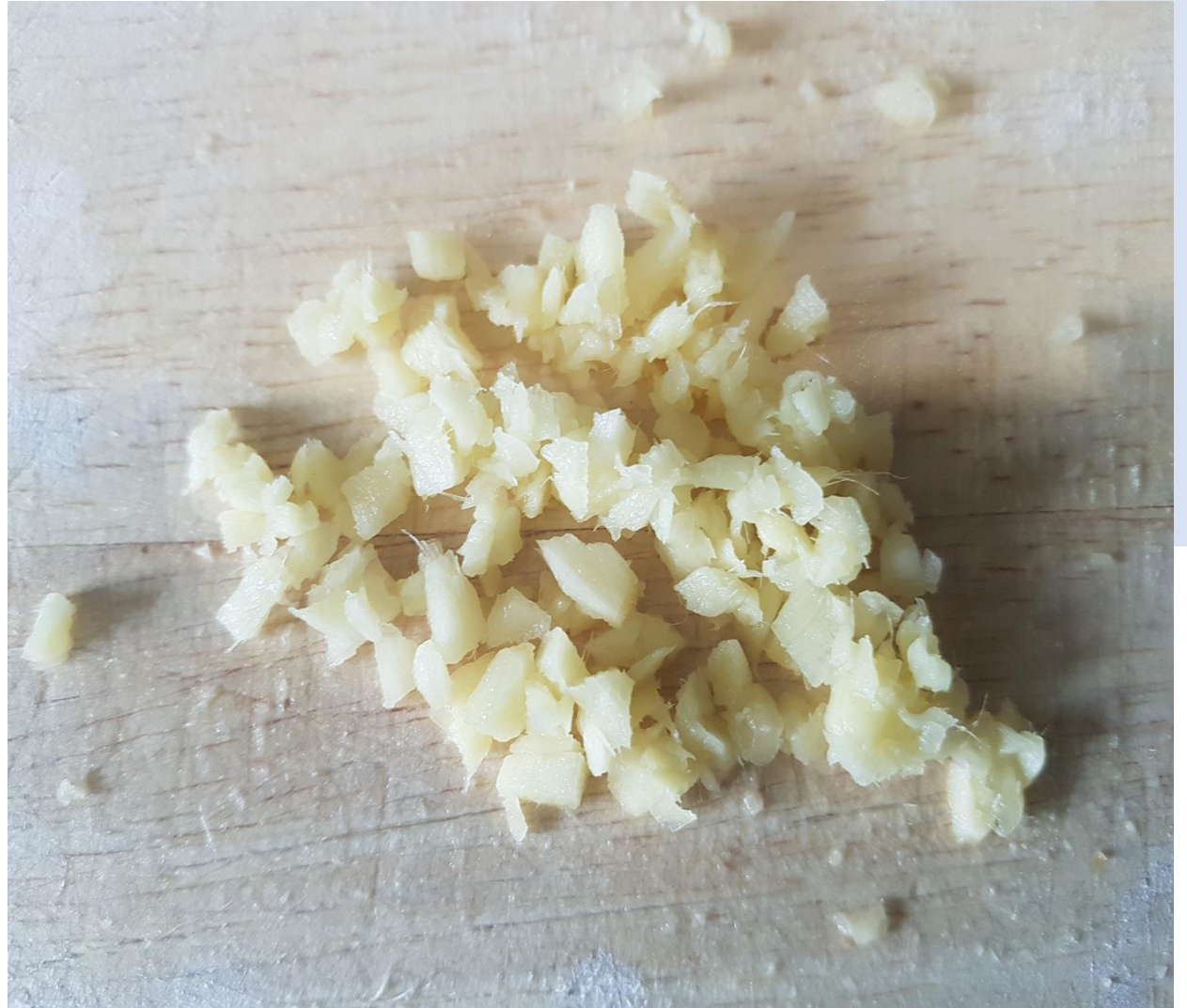
STEP 7

Roughly dice the onion



STEP 8

Peel and chop garlic and
ginger



STEP 9

Open and drain chickpeas

Place chickpeas onto
greaseproof paper on the
baking tray



STEP 10

Add 2 Tbsp of olive oil
over chickpeas and mix in
with a spoon



STEP 11

Add 1Tbsp of Curry spice to chickpeas and mix



STEP 12

Put chickpeas into the oven for 25-30 min.



STEP 13

Add 2 tablespoons of olive in the pot and add chopped onion, garlic and ginger.

Fry everything for approximately 2-3 minutes



STEP 14

Add your chopped sweet potato and carrots.
Fry everything for another 2-3 minutes



STEP 15

Add spices: 1 teaspoon of
Paprika
Cumin
Cinnamon.

Stir it and fry for 4
minutes.



STEP 16

Add 800-1000ml of water.
Cover the pot and cook it
for 25-30 min.



STEP 17

Remove chickpeas from oven after 25-30minutes.



STEP 19

After vegetables are
cooked for 25minutes.

Place them in the blender.



STEP 20

Blend everything
If the soup is too thick

Add 100-200ml of extra
water.



STEP 21

Pour the soup to the bowl
and add your cooked
chickpeas
Add salt and pepper and
enjoy beautiful flavour.

