PARSLEY SOUP / CARROT AND PARSLEY SOUP



Parsley Soup Recipe – Carrot and parsley soup recipe

Parsley is a world's most popular culinary and medicinal herb, native to Mediterranean part of the world. Parsley soup is great in taste and very easy to make soup recipe to serve in any weather because this soup tastes yummy hot or in cold.. I really like the combination of carrot and parsley which adds deliciousness and vibrant taste to the vegetable soup. This is prepared with carrot, onion, garlic, spices and butter. Just toast the bread and serve this parsley soup for lunch or dinner and a great recipe for easter.

- Preparation Time – 10 mins
- Cooking TIme – 20 mins

- Servings – 4 – 5 people

Ingredients

- 3/4 Cup of Parlsey Leaves
- 1 Big Onion, chopped
- 4 Garlic Cloves, chopped
- 1 Big Carrot, chopped
- 1 Spring Onion (Green Onion), chopped
- Small Cinnamon Stick
- 12-15 Pepper Corns
- Pinch of Italian Seasoning
- 2 Tsp of Olive Oil
- 1/2 Cup of Milk
- 1 Tbsp of Butter
- Salt to taste

Method

- Heat a pan with oil, when it is hot, add cinnamon stick, chopped onion, peppercorns and garlic cloves, fry it for 3-5 mins. When it is cooked, add chopped carrot, italian seasoning and parsley, fry it for a while, add little water, close the lid and cook it for 5 mins until it get cooked, switch off. Cool it and blend it in a mixie.
- Heat a same pan, transfer the ground parsley paste, add milk and butter, cook until you see the bubbles at the top. Turn off.
- Finally garnish with chopped spring onion.
- Hot carrot parsley soup is ready to serve with bread sandwich.

Tips

- You can combine any vegetable instead of carrot.
- Adjust the spicy taste by reducing the no of peppercorns.
- If you don’t want to add butter, just avoid it.
- use cream in place of milk for more creamy taste.

Health Benefits of Parsley

- Lowers the risk of cancer.
- Rich in vitamin A, b, c and k.
- Enhance your immune system.
- Good for liver and heart.
- Fights bad breath.



Carrot and Potato Soup / Winter Soup



It's raining in my place. So I made carrot and potato soup, it came out really creamy and delicious. Vegetable soups are a healthy and comforting food to include in your diet. This thick carrot soup is very easy to make, it has got bright orange color and a hint of exotic smell. Adding smoked paprika and Italian seasoning gives a nice spark to this potato soup. Try this carrot and potato winter soup and let me know your feedback.

Ingredients

1 Large Size Red Potato, Finely Chopped
2 Medium Size Carrot, Finely Chopped
1 Large Yellow Onion, Finely Chopped
2 Garlic Cloves, Finely Chopped

4 Mushrooms, Finely Chopped
1/4 Tsp of Italian Seasoning
1/2 Tsp of Cayenne Pepper
Pinch of Smoked Paprika (Opt)
1/2 Cup of Milk
3 Cups of Vegetable Broth or Water
2 Tbsp of Olive Oil
Salt and Pepper to taste

To Garnish

1 Green Onion, Finely Chopped
Dollop of Sour cream or yogurt
Few Crackers



Method

- Heat a pan with olive oil, add onion and garlic, saute

this for 2 mins.

- Add carrots, potato, mushroom, Italian seasoning, cayenne pepper, smoked paprika, salt and pepper, saute this for 2 mins.
- Add required amount of water, bring it to rolling boil, then simmer it for 15 mins in medium-low flame until vegetables are tender.
- Add milk, cook it for 2mins and turn off the flame.
- Carefully transfer carrot-potato mixture to a blender or food processor. Take 2 tbsp of carrot- potato mixture, keep this aside in a separate bowl.
- Blend until smooth, add salt and pepper, if necessary.
- Serve this in a soup bowl along with 2 tbsp of carrot-potato pieces, garnish it with chopped green onions and sour cream or yogurt at the top.
- Enjoy this hot soup with crackers on a rainy day.



Tips

- If you eat meat, then you can add beef pieces to it.
- You can use butter instead of olive oil.
- Adding smoked paprika is optional, it gives a smokey flavor to the soup.
- You can use chicken broth or vegetable broth to the soup instead of water.
- You can add any kind of cheese to this soup.



Health Benefits of Carrot and Potato Soup

- Potato are high in fat and calorie content, potato soup is a good source of calcium, vitamin D and vitamin B-12
- Carrot soup is rich in beta-carotene, a phytochemical compound with antioxidant activity that can protect you against some chronic diseases.