

## **CARROT SOUP**

Wheat-free Gluten-free Dairy-free

A nutritious soup perfect for an entrée or light meal.

### **Ingredients:**

- 1 large onion, chopped
- 1 tbsp butter
- 750g carrots, chopped
- 4 cups chicken stock
- ½ tsp cinnamon
- Salt and pepper, to taste
- ½ cup natural rice, cooked
- 2 tbsp mint leaves, chopped
- 1 tsp cream (*optional*)
- Sprig of mint to garnish

### **Method:**

Brown onion in butter until golden.

Add carrots, chicken stock, cinnamon, salt and pepper. Simmer 30 minutes until carrots are well cooked.

Add rice and mint leaves, heating but do not boil.

Serve with cream and a sprig of mint on top.