

Carrot Soup w/ Honey Vadouvan Granola

Serves 3

Ingredients:

Carrot Soup:

2 cups sliced carrots \$0.50
1 tbsp olive oil \$0.01
1 clove garlic \$0.02
1 tsp cumin \$0.01
1/4 of an onion \$0.05
3-4 cups water \$0.01
2 tsp salt \$0.01

Granola:

1/4 cup rolled oats \$0.10
1 tbsp honey \$0.01
2 tsp Vadouvan spice mix \$0.05
1 tsp salt \$0.01



Directions

In a large pot that on high heat, add in 1 tbsp olive oil, 1 clove of garlic, 1 tsp cumin, 2 tsp salt, and 2 cups sliced carrots. Cook this for 10 minutes on high heat until everything is lightly caramelized then add 3-4 cups of water, a pinch of salt, and cook for 1 1/2 hours on medium heat. Once the carrots are super tender, transfer the soup mixture to a blender (unless you have a stick blender) and puree until super smooth. Return the soup back to the pot and keep on low heat until ready to serve. In a mixing bowl add 1/2 cup of rolled oats, 1 tbsp canola oil, 1 tbsp honey, 2 tsp Vadouvan spice blend, and a pinch of salt. Give it a good mix then transfer it to a sheet tray and bake @350 for 20 minutes or until golden brown and crispy. Remove from the oven and allow to cool for 30 minutes. When everything is ready to go, pour the soup in a small soup bowl, top with the crispy honey granola, a little fresh cracked black pepper and enjoy!

Video: https://www.youtube.com/watch?v=hCbDAH3lb_g