

Carrot and Fennel Soup

Serves Two

Ingredients

1 teaspoon oil
½ onion, chopped
3 carrots, shredded
1 fennel bulb, trimmed and diced
½ teaspoon ground coriander or curry powder
½ teaspoon salt
½ teaspoon red pepper (optional)
1/3 cup heavy cream or milk (optional)



Directions:

Heat the oil in a skillet over medium heat. Lightly fry the onion. Stir in carrots and fennel, and add spices. Cook until lightly browned. Mix in cream/milk and heat to a low. Simmer about 5 minutes until the cream has absorbed into the carrots and fennel. Serve hot!

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Why not try a new vegetable today?

Fennel



Fennel is crunchy and slightly sweet. Fennel is composed of a white or pale green bulb with a stalks & feathery green leaves coming from it. The three different parts of fennel—the base, stalks and leaves—can all be used in cooking. Cut the stalks away from the bulb at the place where they meet. If you are not

going to be using the intact bulb in a recipe, then first cut it in half, remove the base, and then rinse it. The stalks of the fennel can be used for soups, stocks and stews, while the leaves can be used as an herb seasoning or for a tea.

Cooking Ideas:

- Lightly sauté fennel and onions for a tasty side dish.
- Combine raw sliced fennel with oranges for a delightful salad.
- Add into a sandwich instead of tomatoes and lettuce
- Cut bulb into 1" pieces and roast in the oven with oil and balsamic vinegar

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