

# Carrots

## Health Benefits

Contains very important vitamins and nutrients that contribute to eye and immune health.

## Storage

In the refrigerator. Can also be frozen and used at a later date.

## Preparation

Rinse well with water. Cut off the leafy tops. Can be peeled, but it's not necessary. Eat raw, with your favourite dip or add to salads. They can also be chopped and baked, roasted, boiled or steamed. Add them to soups and stews.



## Carrot Soup

### Ingredients:

2 tbsp oil  
1 onion, chopped  
1 stalk of celery, chopped  
2 cloves of garlic, chopped  
3 large carrots, chopped  
3-4 cups of broth or water  
Salt and pepper or your favourite herbs and spices.



### Directions:

1. In a large saucepan, heat oil, onion and celery until softened, add garlic and desired herbs and spices, stir.
2. Stir in carrots, add water or broth, bring to a boil, then reduce heat and cover, cook until tender (about 25 minutes - may take longer).
3. Purée or mash to desired texture.
4. Add salt and pepper or desired seasoning to taste.

Servings: 4-6

\*Recipe adapted from [simplyrecipes.com](http://simplyrecipes.com)