



early childhood community development centre

Carrot-Potato Soup

Ingredients

- 1 tbsp olive oil
- 1/3 cup chopped onion
- 3 green onions, chopped
- 2 cups finely chopped carrots
- 2 cups diced potatoes
- 2 tsp grated ginger root (optional)
- 3 cups chicken stock
- 1/4 tsp curry powder
- 1/4 tsp ground cinnamon
- 1/5 tsp ground nutmeg
- Pinch freshly ground black pepper
- 1 bay leaf
- Sour cream (optional)

Directions - Makes 5 cups

1. In a large saucepan, heat oil over medium heat. Add onions and sauté for 3 minutes. Add carrots and potatoes, cook for 2 minutes.
2. Add ginger root, if using, along with stock, curry, cinnamon, nutmeg, pepper and bay leaf, bring to a boil.
3. Reduce heat and simmer, covered, for about 45 minutes or until vegetables are very tender, remove and discard bay leaf, allow soup to cool slightly.
4. Transfer soup to a blender or food processor, puree until smooth.
5. Return mixture to saucepan and heat to serving temperature.
6. Ladle soup into bowls and if desired, garnish with a small dollop of sour cream.

Source: Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

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