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Carrot Soup

with Goat Cheese and Quinoa



30-40min



2 Servings

Winter time is here and soups reign supreme for cold-weather dinner! Gorgeous, satisfying, and easy—the proof is in the pudding...or the soup, in this case. Carrots are a rich source of vitamin A and C and their sweetness pairs well with the cumin, paprika, fresh mint, and goat cheese crumbled on top. You can choose how much quinoa you'd like to spoon into your bowl for a heartier meal. Cook, r...

What we send

- tricolor quinoa
- red onion
- packet vegetable broth concentrate
- garlic
- ground cumin
- carrots
- paprika
- lemon
- fresh mint

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- fine-mesh sieve
- immersion blender
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 388.0kcal, Fat 20.5g, Proteins 11.0g, Carbs 40.9g



1. Start soup

Trim ends from **onion**, then halve, peel and thinly slice. Cut **carrots** into 1-inch pieces (no need to peel!). Peel and thinly slice **2 cloves garlic**. Zest and juice **lemon**, keeping them separate. Heat **2 tablespoons oil** in a large pot over medium-high. Add **onion** and **garlic** and cook, stirring occasionally, until tender, 2-3 minutes.



2. Add carrots

Add **carrots, cumin, paprika**, and **1 teaspoon salt**. Stir occasionally until carrots begin to soften, about 5 minutes.



3. Add liquids

Add **3 cups water, broth concentrate**, and **lemon zest**, cover, and bring to a boil. Reduce heat to medium and simmer with lid ajar just a crack until **carrots** are soft and flavors meld, about 15 minutes.



4. Cook quinoa

Meanwhile, rinse **quinoa** in a fine-mesh sieve and drain well. Place in a small saucepan with **1 cup water** and a **pinch salt**. Bring to a boil, reduce heat to a simmer, cover, and cook until water is absorbed and **quinoa** is tender, about 20 minutes. Keep covered until ready to serve.



5. Purée

Remove **soup** from heat and blend with an immersion blender until smooth. (Alternatively, blend the solids in batches in a conventional blender or food processor, adding a little broth to loosen, until smooth.) Return soup to medium heat, stirring, to warm through and stir in **1 tablespoon lemon juice** and **1 teaspoon salt**.



6. Finish

Divide **soup** between bowls. Top with **quinoa**, tear **mint leaves** over the top, and sprinkle with **goat cheese, freshly ground pepper**, and a **drizzle of olive oil**. Enjoy!