



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Carrot Soup

Havuç Çorbası



3 carrots
1 small onion
3 tbsp flour
5 tbsp vegetable oil
1 cup milk
3 cups water
2 tsp salt
1/2 tsp black pepper

- # Peel the carrots and onions, cut them into a few pieces, boil with 3 cups water in a pressure cooker for 10 minutes.
- # Blend the mixture with its water also.
- # Put the oil into a pot, when it gets a little bit hot add the flour, roast over medium heat for a few minutes.
- # When the colour of the flour changes a little, add the puree of carrot and onion, cook until it starts to boil.
- # Add hot water and hot milk on it, boil for 5 more minutes by stirring constantly. Finally add salt and black pepper and remove it from the stove.
- # Serve hot.

Note: You can add 1 potato in this soup also.