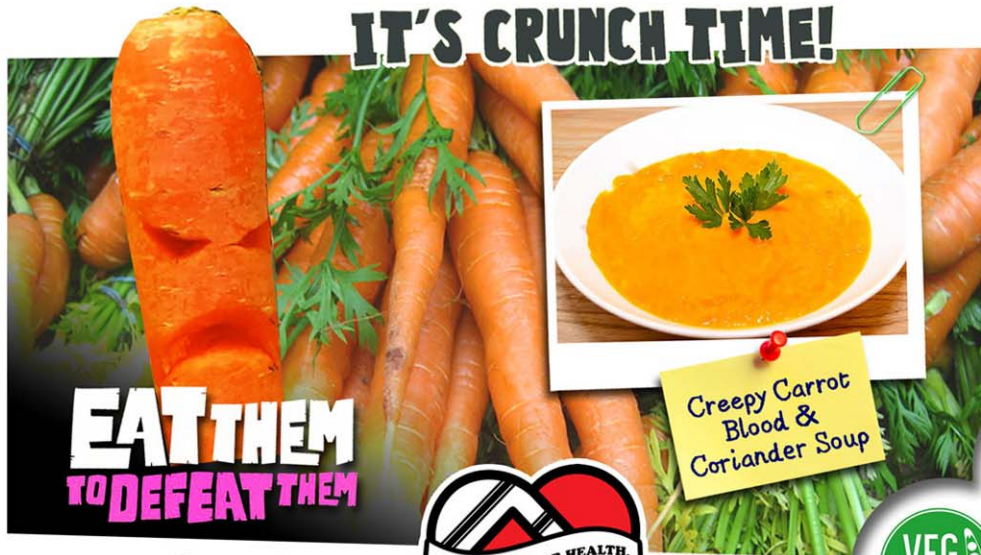


# IT'S CRUNCH TIME!



**EAT THEM  
TO DEFEAT THEM**

Hull **FOOD**  
PARTNERSHIP

[hullfoodpartnership.org.uk/vegpower](http://hullfoodpartnership.org.uk/vegpower)



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## Creepy Carrot Blood & Coriander Soup

### INGREDIENTS

- 1 tablespoon vegetable/sunflower oil
- 1 medium onion
- 1 tsp ground coriander/fresh leaves
- 150 grams potato
- 500 grams carrots
- 1 Vegetable or chicken stock cube made up to 750ml with boiling water
- Salt & pepper to taste



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## Creepy carrot blood & coriander soup

- Slaughter a medium-sized evil onion by chopping it into tiny bits measuring about 5 millimetres in size, or smaller if you can.
- In your pan, jump and bounce the little onion pieces in shallow boiling oil for 3 minutes and make them sizzzzzzle!
- Peel & chop the creepy carrots and other wicked vegetables finely and torture them by adding them to the sizzling onion bits.
- Chop up the corrupt coriander leaves (or use ground coriander) and add stinging salt and sneezing powder (pepper) to the pan to irritate the vindictive veg!



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- Add stock cubes to 750 ml of boiled water and mix it well.
- Add the stock to the pan and cook gently until all the vegetables are soft and unable to fight back any longer. Hahaha!
- Now they're weak and softened, use a splatterer (potato masher, whisk or blender) to create a smooth liquid.
- Taste a spoonful of the bubbling veg blood liquid, and if necessary, add more salt and pepper for taste.



- Serve the hot carrot & coriander soup to hungry heroes with crusty bread!



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