



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late June 2021

A healthy lunch

Carrot, butterbean and tahini soup

This carrot soup is a bit different from my classic wintery one with lentils. This soup has butter beans, rosemary and a little chilli kick. It's delicious hot or cold.

Tahini is a middle eastern sesame paste that you'll find in the 'world foods' section of the supermarket. It's also good in a salad dressing, drizzled over roast vegetables or used to make hummus.



Ingredients

- 2 large onions
- 1 kg carrots
- 4 cloves garlic
- 2 sprigs rosemary
- 1.5 litres vegetable stock
- 1 tin butter beans (400g), drained and rinsed
- 3 tbsp tahini
- 1 tbsp olive oil
- A pinch of chilli flakes (optional)
- 1 tbsp lemon juice (from half a lemon or bottled)
- Salt and pepper
- Toasted pumpkin seeds to garnish (optional)

Makes a large pot- at least 8 bowls. Freezes well!

You will need a large pot, a chopping board and knife and a hand blender.

Method

1. Peel and roughly chop the onions. Scrub or peel the carrots, top and tail and then roughly chop.
2. Heat 1 tbsp olive oil and add the onions and carrots. Cook slowly on a gentle heat for about 10 minutes.
3. Remove the rosemary needles from the sprigs and add to the pan along with the whole peeled garlic cloves and the pinch of chilli flakes if using. Cook for a minute.
4. Add the vegetable stock (made with a stock cube or bouillon powder is fine) and the butter beans. Bring to a simmer. Cook until all the vegetables are tender.
5. Add the tahini, lemon juice and then turn off the heat.
6. Using a hand blender blend until completely smooth, adding more water if needed to get to a desired consistency.
7. Serve in deep bowls with some toasted pumpkin seeds if you like.