

# Creamy carrot soup

Ingredients required for 4 persons

**Preparation time** 30 minutes

**Difficulty** easy

## Ingredients

sprouts  
1 Prise salt  
1 onion  
3 EL peanut oil  
500 g carrots  
200 g heavy sour cream (20 %  
milkfat)  
500 ml vegetable broth  
1 Prise pepper  
juice of one lemon



## Preparation

Peel and finely chop the onions. Brown in a pot with peanut oil. Peel the carrots, cut into dice and sauté for a few moments. Pour over with vegetable broth and simmer over moderate heat for 15 to 20 minutes. Blend the soup, stir in heavy sour cream and season with lemon juice, salt and pepper. Garnish with sprouts.