Spicy Carrot Soup

6 servings (freeze any left over)

* 1 Large onion (chopped)
* 1 ½ lb carrots sliced
* 1 tsp olive oil
* 1 tsp each ground coriander, ground cumin and hot chilli powder
* 1 ½ pints vegetable stock
* Salt and ground black pepper to taste
* Sprigs fresh coriander to garnish
1. Cook the onion and carrots gently in the oil in a covered pan for about 5 minutes, stirring occasionally. Add the ground spices and cook for 1 minute, continuing to stir.
2. Stir in the stock, and then bring to the boil. Cover and simmer for 45 minutes.
3. Cool slightly, then puree in a food processor or blender. Return to the pan and add salt and pepper to taste.
4. Reheat the soup gently and serve garnished with coriander sprigs.

Simple but tasty!