



Quick Carrot Soup

- 1/2 oz margarine
- 6 oz grated carrot
- 2 pints water
- 2 level tablespoons flour
- 1/2 pint diluted evaporated milk
- 3 level teaspoons salt
- 1/4 level teaspoon pepper
- 1 oz grated cheese
- 1 level teaspoon chopped parsley or finely shredded cabbage



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Melt the margarine and toss the carrots in it.

Add the water, cover the pan with a lid and boil gently until the carrots are tender, about 15 minutes.

Blend the flour with the milk and stir into the soup.

Bring to the boil stirring all the time, and boil gently for 5 minutes.

Add the seasoning, cheese and parsley or cabbage, and serve immediately.

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet is from May/June 1947.