

Kates Vegan Carrot Spread (freezable)

Ingredients

2 Onions, chopped finely
400 g Carrots, grated
30 g Parsley, chopped finely
250 g Butter, vegan (If you don't want to make it vegan you can use normal butter)
1 Teaspoon Salt
1 Teaspoon Oregano, dried
2 Teaspoons Thyme, dried
2 Pinches Ground White Pepper
160 g Tomato Puree

2-3 Jam jars with screw on lids

Preparation

1. Gently fry onions in 10g of butter until soft.
2. Add grated carrots to the saucepan and fry gently for 5 minutes.
3. Now add all other ingredients and cook on a medium heat for about 10 minutes.
4. Puree the mixture with a hand blender until you reach your preferred spread consistency.
5. Fill your clean jam jars with the hot spread and immediately screw on lids. Leave to cool. You can now either put them in the fridge or freeze it!

Tip:

I really would recommend you to make this in at least a double batch because it freezes so well. It keeps in the freezer for at least 6 months.

You can also use the spread as a flavouring for sauces.

KÜCHENSCHMIDE

