

Carrot Rhubarb Soup: A Cozy Bowl of Sweet and Tangy Comfort

Carrot Rhubarb Soup: Golden Comfort in a Bowl



TIME
4 min

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INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger (optional but recommended)
- 3 cups carrots, peeled and chopped
- 1 cup rhubarb, chopped (fresh or frozen)
- 4 cups vegetable broth
- $\frac{1}{2}$ tsp ground cumin (optional)
- Salt and pepper to taste
- 1-2 tsp honey or maple syrup (to balance tartness)
- Optional: a swirl of thick yogurt or coconut cream
- Fresh herbs for garnish (parsley, mint, or dill)

DIRECTIONS

- SautØ the Aromatics:** In a large pot, heat olive oil over medium heat. Add chopped onion and cook for 3-4 minutes until soft and translucent. Stir in garlic and ginger; cook for 1 more minute.
- Add the Veggies:** Add chopped carrots and rhubarb to the pot. Stir in cumin if using. Pour in the vegetable broth and bring to a gentle boil. Lower the heat and simmer uncovered for 20-25 minutes, until carrots are fork-tender.
- Blend Until Smooth:** Use an immersion blender to puree the soup directly in the pot, or carefully transfer to a countertop blender in batches. Blend until smooth and silky.
- Season and Adjust:** Stir in honey or maple syrup to mellow out the rhubarb's tart edge. Season with salt and pepper to taste. If your soup is too thick, thin it with more broth or water.
- Serve and Garnish:** Ladle into bowls. Top with a swirl of yogurt or coconut cream, and finish with chopped fresh herbs. Serve hot and enjoy the comfort.

SWAPS & NOTES

Rhubarb : Frozen works just as well as fresh.

Sweetener : Use maple syrup for a deeper flavor or honey for a floral note.

Creamy Finish : Coconut cream is vegan-friendly, but Greek yogurt adds protein and tang.

Spices : Cumin adds earthy depth, but feel free to leave it out or swap for curry powder for a fusion twist.

TIPS FOR SUCCESS

Cut veggies evenly to ensure they cook at the same pace.

Let the soup cool slightly before blending to avoid splatter burns.

Use a high-powered blender if you want the smoothest texture possible.

Don't skip the sweetener -rhubarb needs that touch of balance.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/carrot-rhubarb-soup-a-cozy-bowl-of-sweet-and-tangy-comfort/>