

INGREDIENTS

FOR SOUP

- 2-3 T AVOCADO OR OLIVE OIL
- 1/2 LARGE YELLOW ONION, CHOPPED
- 2-3 GARLIC CLOVES, MINCED
- 3 T GINGER, MINCED
- 2 LBS CARROTS, CHOPPED (*PEELED OPT*)
- 4 C VEGETABLE STOCK
- 1 BAY LEAF (OR 1/4 TSP OREGANO / THYME)
- 1 TSP CINNAMON
- 1 TSP SALT

OPTIONAL FOR TOPPING

- SOUR CREAM
- SHALLOTS OR SCALLIONS
- CILANTRO
- PEANUTS, CRUSHED


DIRECTIONS


- WARM OIL OVER MED-HIGH AND SAUTE ONION (1-2 MIN)
- ADD GARLIC AND GINGER, SAUTE STIRRING CONSTANTLY (1 MIN)
- ADD CHOPPED CARROTS AND MIX WELL, COOK 10 MIN STIRRING OFTEN
- ADD BROTH AND REST OF SEASONINGS, BRING TO A BOIL THEN REDUCE HEAT TO LOW AND SIMMER 20-30 MINUTES OR UNTIL CARROTS ARE SOFT WHEN PIERCED W/ FORK
- REMOVE FROM HEAT
- *IF USED BAY LEAF*, REMOVE AND MIX WITH IMMERSION BLENDER OR MIX IN REGULAR BLENDER* INTO A SMOOTH PUREE
- WARM, IF NECESSARY BEFORE SERVING & ADD DESIRED TOPPINGS

NOTES: * WAIT FOR SOUP TO COOL BEFORE BLENDING IN A REGULAR BLENDAR, SO YOU DON'T CRACK YOUR BLENDER PITCHER/CUP. IF YOU LIKE A SWEETER, THAI INSPIRED SOUP, REPLACE 1/2 C OF VEGETABLE BROTH WITH COCONUT MILK OR CREAM.



CARROT GINGER SOUP

 serves 4 as meal
serves 8 as side

 15 min prep
30 min cook

Carrot Ginger Soup is a great mid-season immune booster and gut-soother; a comforting alternative to the tried and true Chicken Soup. The ginger adds a little heat and you can make the soup even creamier with a bit of cream. Sure to become a new fall favorite.

FOOD FOR THOUGHT:

Peel or not to peel, that is the question. . . in carrots the majority of minerals are actually found in the inner core (*xylem*) and though vitamins C and A may be concentrated in the peel they are also found in significant amount in the sub layer (*phloem*). You aren't losing too much by peeling except time and a little more 'earthiness' in flavor. So peel, or don't.