

CARROT GINGER SOUP

Use all organic ingredients when possible

Vegan, glutenfree, grainfree, soyfree

by Lisa Chell – <http://modernveganfamily.com/>



This is a super simple soup that is nourishing, easy to prepare and with only a few ingredients. The fresh ginger at the end adds a kick to the tastebuds!

INGREDIENTS

1 large onion-diced

2 heaping TBSP chopped fresh ginger

1 clove chopped/pressed fresh garlic (we don't use garlic much in our house but most people love it!)

1 tsp coconut oil

2 pound/1 kg bag of carrots chopped

1 litre veggie broth or water

1 tsp good quality salt and ¼ tsp black pepper. You can always add more to taste

1 heaping TBSP finely chopped or grated ginger reserved for the end

Optional: Cilantro to garnish

INSTRUCTIONS:

In a stock pot, sauté onion for 2 minutes. Add ginger, carrots, broth/water, salt and pepper. Bring to a boil and then turn to simmer. Let simmer until carrots are tender (at least 20 minutes) Turn off the heat and add all contents to your blender. If you have a high speed blender, you can add chopped fresh ginger. If you have a hand blender, bullet or regular blender, microplane or grate the fresh ginger or it won't blend well.

Blend soup until it is creamy.

Serve with cilantro garnish if desired.