



Carrot & Ginger Soup



Starter



4 servings



10 minutes



25 minutes

INGREDIENTS

- 4 large carrots, peeled and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons olive oil
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onions and cook for 5-7 minutes until softened.
3. Add minced garlic and grated ginger, cooking for another 2 minutes.
4. Add the chopped carrots and vegetable broth. Bring to a boil, then reduce the heat and simmer for 20 minutes, or until the carrots are tender.
5. Blend the soup with an immersion blender (or transfer to a blender in batches) until smooth.
6. Season with salt and pepper to taste.
7. Serve warm, garnished with fresh parsley.

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