Carrot Ginger Soup

Warm up this winter with this wholesome carrot ginger soup. Pair it with your favorite baked chicken entree for a complete nutritious meal. Add your own touch to this very versatile soup!

Ingredients:

- 3 tablespoons olive oil
- 1 ½ pounds carrots (6-7 carrots) peeled and thinly sliced
- 2 cups chopped white or yellow onion (about 2 medium onions)
- ¼ teaspoon salt
- ½ tablespoon minced ginger
- 2 cups unsalted chicken stock or vegetable stock
- 2 cups water
- 3 large strips of orange zest (use a peeler or knife to remove the top layer of rind)
- Chopped chives, parsley, dill or fennel for garnish

Directions:

1. Over medium heat cook the onions and carrots with the olive oil. Sprinkle ¼ teaspoon of salt over the vegetables. Stir occasionally, let cook about 8 to 10 minutes or until the onions soften but do not let onions or carrots brown.
2. Add the stock, water, ginger and orange zest. Bring to a simmer and cover. Cook for about 20 minutes until the carrots soften.
3. Remove from heat. Dispose the orange zest strips. Use an immersion blender to puree the soup until completely smooth. Add more salt to taste. Garnish with chopped chives, parsley or fennel fronds before serving.

Tip: If an immersion blender is not available wait for soup to cool and then pour the soup in batches into a blender or food processor and puree until smooth. Reheat soup before serving.

Serving Size: 1 cup      Prep time: 45 minutes
Yield: 4-5 servings      Cook time: 25 minutes

Nutrition Information / Amount per serving:

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<thead>
<tr>
<th>Nutrient</th>
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<tbody>
<tr>
<td>Calories</td>
<td>172</td>
<td>Protein</td>
<td>4.0 g</td>
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<tr>
<td>Total fat</td>
<td>9.1 g</td>
<td>Total Carbohydrates</td>
<td>21.2 g</td>
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<tr>
<td>Saturated fat</td>
<td>1.4 g</td>
<td>Dietary Fiber</td>
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<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>Sodium</td>
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