

Carrot Ginger Soup

Nutritional Highlights

- Carrots contain vitamin A, an antioxidant that supports great vision.
- Even though they aren't a bright color, white vegetables like garlic and onions are also rich in antioxidants.
- Servings: 6

Ingredients

- 1 Tbsp olive oil
- 1 medium sweet onion, chopped (about 1 cup)
- 3 cloves garlic, smashed
- 1 lb carrots, roughly chopped (about 5-6 large)
- 1 small potato, peeled, diced
- 2 Tbsp grated fresh ginger
- 1 qt low-sodium chicken or vegetable stock
- 1 tsp salt
- 1 cup light coconut milk
- 2 tsp lemon juice
- Cayenne, cilantro, and pepitas to garnish

Directions

- Heat oil in a large pot over medium-high heat, and saute onion, garlic, and ginger for about 5 minutes.
- Add carrots, potato, stock, and salt and bring to a boil. Reduce heat to a simmer, cover, and cook 20 minutes or until carrots are tender.
- Puree soup with immersion blender, or in batches in a blender. Stir in light coconut milk and lemon juice. Season with salt and pepper, to taste.
- Ladle into bowls and garnish with dash of cayenne, cilantro, and pepitas.