



CARROT SOUP WITH GINGER

Makes 4 servings.

This creamy, silky soup has an intense flavor of carrots and ginger. It can be served hot, cold or at room temperature. It also freezes very well.

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 pound carrots, peeled, sliced
- 1 vidalia onion, peeled, sliced
- 2 inches ginger peeled, sliced
- 2 cups carrot juice
- 1½ cups vegetable broth
- 3 tablespoons lime juice
- Kosher salt
- Freshly ground black pepper
- Toasted sunflower seeds for garnish

PREPARATION

1. In a medium saucepan heat the olive oil. Add the carrots, onion, ginger and sauté for a few minutes.
2. Add carrot juice and 1 cup vegetable broth. Bring to a boil over high heat. Lower the heat, cover and cook until the carrots are soft, about 25 minutes.
3. Puree in a vitamix until smooth. Adjust the consistency with the reserved broth. Season to taste with lime juice, salt and pepper.

NOTE

If you freeze the soup, be sure when you go to reheat it that you whisk it as it is boiling to bring it back to its silky texture.