

Carrot Ginger Soup

(serves 6)

Melt in large saucepot: 2 Tbs. butter
Add and cook 3-4 minutes: 1 ½ c. diced onion
Add: 4 c. peeled, sliced carrots (10-12 carrots)
1 ½ Tbs. grated fresh ginger
4 c. chicken broth (bullion cubes are fine)

Cover and simmer 25-30 minutes, until carrots are tender. Let cool, then puree in blender.

Return to saucepan and add: ¼ c. orange juice
1 ½ c. half and half
Reheat and season to taste salt/pepper/paprika,
Serve garnished with: spoonful of sour cream
sprinkling of garam. masala or
chopped parsley

Note: if too thick, thin with milk. Also, it is easy to grate fresh or frozen ginger with a microplane (frozen will do just as well). This makes a wonderful chilled summer soup!

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