



North Coast Food Web

*Cultivating healthy communities
and a vibrant economy through food & agriculture*

CARROT GINGER SOUP

Makes 6 cups

2 pounds carrots, peeled and cut into 1" chunks
1 teaspoon salt
6 cups water
1 tablespoon butter

1 cup chopped onions
1 tablespoon chopped fresh ginger

Bring carrots, salt and water to a boil. Melt butter in saucepan, add onions and ginger and sauté until soft. Add to pot and cook until carrots are fork tender.

Let the whole works cool a bit then puree' in a blender or food processor. If the carrots aren't sweet enough, add apple or orange juice or a little honey to taste.

You may add cream for a richer soup. Garnish with chives or heavy cream whipped with a little lemon or lime juice.

Recipe courtesy of Merianne Myers/North Coast Food Web