

CARROT GINGER SOUP

By Annie Falk

Cook up a soup that will give you a warm hug from the inside out! It's always a good time for comfort food, and this dish is simple to make and freezes well so you can cook up a big batch and enjoy it for a while! Hold off on the Greek yogurt garnish and you've got yourself a whole food, plant-based recipe. This soup is packed with immune boosting ingredients that are on hand in most kitchens, and blending the soup gives it a satisfying creamy consistency without the dairy.

Yield: Serves 8



RECIPE INGREDIENTS

- 4 pounds carrots, peeled, roughly chopped (or cut into 1-inch pieces after roasting)
- 4 tablespoons extra virgin olive oil, more for roasting carrots
- 1 medium sweet onion, peeled, roughly chopped
- 6 cloves garlic, peeled, roughly chopped
- 4 tablespoons freshly grated ginger
- 2 tablespoons orange zest
- 1/2 cup orange juice
- 8 cups water
- 2 small bay leaves
- 1 teaspoon salt, more to taste
- 1 teaspoon freshly ground black pepper, more to taste
- 1/2 cup plain Greek yogurt, garnish
- 2 sprigs parsley, leaves, garnish

RECIPE INSTRUCTIONS

- Preheat oven to 425° F
- Place carrots in a roasting pan and toss with olive oil, salt and pepper. Roast until caramelized, about 30 minutes.
- In a large stock pot, heat 4 tablespoons of olive oil over medium heat, add the onion and sauté until translucent. Add the garlic, ginger and orange zest, and stir to incorporate. Add the roasted carrots, making sure to get any bits stuck to the bottom of the roasting pan. Use a bit of water to help lift it from the pan, if needed. Pour in the water and orange juice, then add the bay leaves. Bring to a boil, lower the heat and allow to simmer for 20 minutes.
- Remove from heat and allow soup to cool. Remove the bay leaves, add salt and freshly ground pepper. Using a hand blender pulse the soup to a smooth and creamy consistency. Adjust seasoning, as needed.
- When ready to serve, warm the soup and garnish with a dollop of yogurt, parsley, and freshly ground pepper.
- TIP:** If serving the next day and when defrosting add 1/8 cup of ginger tea or water if soup is too thick.

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