

Carrot Soup



Ingredients:

- 3 T olive oil
- 1/2 large onion, chopped
- 1 T ginger, grated
- 2 pounds carrots, peeled and chopped
- 4 c vegetable broth
- 1/4 c heavy cream
- 1/4 T ground pepper
- 1 T salt
- Cilantro, chopped for garnish

Instructions:

1. In a large pot, sauté the onions in the olive oil over medium heat.
2. Stir until the onions are translucent, about 5 minutes.
3. Add the broth, carrots, ginger, pepper and salt. Bring to a boil.
4. Reduce heat and simmer until the carrots are tender, 10-15 minutes.
5. Puree using a blender or food processor until the soup is completely smooth.
6. Return to pot and reheat for a few minutes.
7. Serve in bowl and top with 1 T of heavy cream and cilantro.

Makes 4 servings.



Tarrant County Public Health
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