

Carrot and Ginger Soup

This Carrot and Ginger Soup Recipe, packed with healthy, fresh carrots and the warm spice of ginger, brightens a cold winter's day. It freezes well, so make a large batch.

Prep time: 10 minutes

Cook time: 25 minutes

Ingredients

- 1 ½ lbs/700g carrots, peeled and chopped
- 2 medium onions, peeled and roughly chopped
- 1 clove garlic, peeled and crushed
- 3 tbsp extra virgin olive oil
- 1 tsp powdered ginger
- 1 tsp medium curry powder
- 3 pints /1.6 litres low-sodium chicken or vegetable stock
- Sea salt and black pepper
- Rind of 1 lemon, finely shredded



LEMON CREAM

- 7 oz/200g Greek yogurt
- Grated rind of 1 lemon
- 2 tsp fresh parsley, chopped
- 2 tsp chives, chopped

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Directions:

1. Heat the olive oil in a saucepan and add the onions and carrots, cook for several minutes, stirring from time to time. Do not brown the vegetables.
2. Then add the garlic, ginger and curry powder and cook for a further minute.
3. Add the stock and lemon strips to the pan, half cover the pan with its lid, and simmer gently for 20 minutes until the carrots are tender.
4. Cool slightly, then liquidize the soup until smooth.
5. Taste and season with sea salt and black pepper.
6. Reheat to serve.
7. Spoon a dollop of Greek yogurt into the middle of each bowl of soup, garnish with chives or parsley if you wish. Serve with wholemeal crusty bread.

Source: <http://britishfood.about.com/od/adrecipes/r/carrotgingsoup.htm>