

#LetsCook30

VELVETY CARROT-GINGER SOUP

This soup is super simple to make and has a naturally sweet flavour from the carrots and parsnips.

Servings: 4 – 6

Ready in about: 45 minutes

3 medium cloves	garlic, minced
1 large	onion, chopped
2 tbsp	olive oil
6 large	carrots, diced
1 large or 2 small	parsnips, diced
1 tbsp	ginger, minced
1 ½ tsp	ground cumin
1/2 tsp	salt
1/4 tsp	ground nutmeg
2 – 900 mL tetra packs	vegetable broth

Nutrition Tips

To help reduce the salt in this recipe, we used reduced sodium vegetable broth.

INSTRUCTIONS:

1. Heat oil in a large saucepan over medium heat. Add garlic and onion and stir until soft, 3 minutes. Add carrots, parsnips and ginger and sprinkle with cumin, salt and nutmeg. Stir in vegetable broth.
2. Cover and bring to a boil. Reduce heat to medium-low. Simmer, stirring often, until vegetables are very tender, 30 minutes.
3. Ladle about one-third of soup into a food processor or use a hand blender. Whirl until pureed, scraping down inside the bowl as needed. Repeat remaining soup in 2 more batches.
4. When ready to serve, heat soup over medium-high, stirring often until hot.

TIP:

- Wrap fresh ginger and store in the freezer. Then when a recipe calls for it, you will always have some on hand.

Source: You're the Chef Recipe Collection. 2018

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