

upclose & tasty

Gingered Carrot Soup

Inspired by my Mom

Ingredients

1/4 cup extra-virgin olive oil
1 1/2 pounds carrots, peeled and sliced
1 yellow onion, thinly sliced
2 tablespoons grated fresh ginger
4 1/2 cups vegetable broth
1/4 teaspoon nutmeg
Salt and ground pepper
1/4 cup coconut milk for garnish
Red Rock Cabbage Microgreens for garnish

Preparation

1. Over medium heat, add olive oil to a dutch oven or soup pot.
2. Add the sliced carrots, sliced onion and grated ginger, cover and cook over moderately high heat for about 8 minutes, stirring the vegetables occasionally, until just beginning to soften.
3. Add the vegetable stock and nutmeg to the vegetables and season with salt and pepper.
4. Cover and cook the soup over moderate heat until the carrots and onions are very soft, about 10 minutes.
5. Use a Vitamix or immersion blender and blend the soup until it's smooth and creamy.
6. Lightly drizzle coconut milk and stir slightly into the soup.
7. Serve in shallow bowls and garnish with microgreens, if desired.

Enjoy!