

## **Gingered Carrot Soup**

Adapted from Allrecipes.com

Preparation time: 45 minutes

### **Ingredients**

- 2 tablespoons grapeseed oil
- ½ cup minced onion
- ¼ cup grated fresh ginger
- 2 cloves garlic, minced
- 4 cups low sodium chicken broth or vegetable broth
- 4 cups peeled, sliced carrots
- 1 cup lite coconut milk
- ¼ teaspoon ground cumin

### **Directions**

1. Heat oil in large saucepan over medium-high heat. Add onion, garlic, and ginger; sauté until onion is translucent. Add broth and carrots. Cover and simmer until carrots are tender.
2. Working in batches, puree mixture in blender or food processor.
3. Return soup to saucepan on low heat. Stir in coconut milk and cumin.

Makes 4 servings

Class recipes can be found at [www.evergreenhealth.com/recipes](http://www.evergreenhealth.com/recipes)