

one VEGETABLE
ONE community



of Servings 6

Serving Size _____

Carrot Recipe Name Carrot and Ginger Soup

Ingredients

6 TBS unsalted butter
1 large yellow onion, chopped
¼ c finely chopped fresh ginger root
3 cloves garlic, minced
7 cups chicken stock
1 cup dry white wine
1 ½ pounds carrots, peeled and cut into ½ inch pieces
2 TBS fresh lemon juice
Pinch curry powder
Salt and freshly round black pepper to taste
Snipped fresh chives or chopped fresh parsley (garnish)

Directions

Melt butter in large stockpot over medium heat. Add onion, ginger and garlic and sauté for 15-20 minutes. Add stock, wine and carrots. Heat to boiling. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 45 minutes. Puree the soup in a blender or food processor fitted with steel blade. Season with lemon juice, curry powder, and salt and pepper to taste. Sprinkle with chives or parsley. Serve soup hot or chilled.

Submitted By (your name) Adam & Rhoda Rees

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