

Creamy Carrot-Ginger Soup by Lynn's Recipes



Lynn demonstrates how to make a healthy and delicious Creamy Carrot-Ginger Soup. This is very easy to make. Adapted from Soup Cleanse. Serves 6

Ingredients:

- 3 Tablespoons olive oil
- 2 large onions, chopped
- 1 teaspoon pepper, plus more to taste
- 10 large carrots, cut onto 1/4" pieces
- 6 cups chicken broth
- 1" piece of fresh ginger, peeled and grated
- 1 cup orange juice
- Salt, to taste

Heat a large stockpot over medium heat and add olive oil. When oil is hot, add onions, reduce heat to low and cover. Cook for about 20 minutes or until the onions are lightly colored and very tender. Stir in pepper.

Add the carrots and chicken broth to pot and bring to boil. Reduce to simmer and add ginger. Cover and cook for 25-30 minutes until the carrots are tender.

Transfer to a blender and add orange juice or add orange juice to stockpot and using an immersion blender, blend until completely smooth. Add salt to taste.

Keeps in refrigerator up to 3 days.

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