

Carrot Ginger Soup

RELIEF FROM NAUSEA

15 Min. Prep | 30 Min. Cook
Makes 4 Servings

Ingredients

- 3/8 cup olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 stalks celery, chopped
- 10 carrots, peeled and chopped
- 3 quarts low sodium vegetable broth
- 1/8 tsp. ground turmeric
- 1 Tbsp. fresh ginger, peeled and chopped
- 1 dash salt
- 1 dash ground pepper

Directions

1. Heat 3 tablespoons of the olive oil over medium heat in large pot. When the oil moves easily around the pot, add the onion, garlic, celery, and carrots. Cook, stirring frequently, until the vegetables are softened, 10 to 15 minutes.

2. Pour the vegetable stock over the vegetables. Add the turmeric. Cook, stirring occasionally, until the liquid has come to a boil. Turn the heat down to medium low and simmer the soup for 20 minutes.

3. Add the chopped ginger to the pot. Bring the liquids back to a boil. Turn off the heat.



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Directions cont.

4. Add 1/3 of the soup to a blender, along with 1 tablespoon of the olive oil. Puree the soup. Pour it through a strainer back into the pot. Repeat with the rest of the soup.

5. Bring the soup back to a boil, then turn it down to a simmer. Season with salt and pepper to taste.

Notes

Makes a great lunch or dinner.

Additional benefits:

- Excellent source of beta carotene important for eye health.

Nutrition Info

306 calories, 2g protein, 21g total fat, 3g saturated fat, 582mg sodium, 28g carbs, 8g fiber, 0g added sugars

