

# Carrot and Ginger Soup

## Ingredients

- 1 tbsp Olive Oil
- 4 cups Vegetable Broth
- 6 Carrots
- 2 Onions
- 2 tbsp Ground Ginger



## Directions

- Prep veggies. Dice carrot and onion. Dice finely; smaller pieces are better for the blender.
- Heat oil in a large pan. Add in onion, carrot and ground ginger. Let it cook for 5 minutes.
- If you have a blender, add vegetable broth to blender, then add in cooked onion, carrots, and ground ginger. If you do not have a blender, it is okay to skip this step. (Your soup will just be chunky instead of creamy!)
- Add in vegetable broth or blender mixture to the pot and bring to a boil.
- Cover saucepan and let it simmer for 30 minutes.
- Season to taste with any desired seasonings. Pepper, red pepper, and cayenne will help give the soup a slight kick. Cinnamon or pumpkin seasoning will give the soup a very fall flavor.
- Makes four servings of about 1 1/4 cups each!