Cream of Carrot and Ginger Soup

Description

If you didn't know, you wouldn't guess that this soup contains no dairy. It is so creamy that it can satisfy those urges you sometimes get when dairy is not an option. This is a favorite for all ages.

Summary

Yield: 6
Source: The Anti-Inflammation Diet and Recipe Book by Jessica Black
Prep Time: 30 minutes
Category: Soups

Ingredients

- 2 lbs organic carrots
- 6 cloves garlic
- 2 medium yellow onions
- 2 tbsp olive oil
- 2 cups organic chicken broth
- 1 1/3 cups coconut milk
- 1/3 cup soy milk
- 2 tsp grated fresh ginger
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 2 tbsp dried parsley (as garnish)

Instructions

Steam the carrots until soft.

While the carrots are steaming, sauté the garlic and onions in the olive oil until they are softened and slightly brown in color.

Combine steamed carrots, cooked garlic and onions, and all remaining ingredients in a blender. Blend on the pureé setting. (*Caution: Don't heat the liquid ingredients before blending.* Using a blender to mix large quantities of hot liquids can cause a rapid expansion in the liquids, which can create a small explosion! If you have to blend hot liquids in a blender, do so in several small batches.)

Heat the blended soup in a large saucepan, and serve garnished with dried parsley.

Notes

Substitutions: Rice milk or almond milk can be used in place of the soy milk. To reduce fat, substitute soy milk, rice milk, or water for the coconut milk. To make a thinner soup, add filtered water.

Per serving: 289.9 calories, 4.8g protein, 25g carbohydrate, 5.2g fiber, 19.8g total fat, 11.3g saturated fat, 0mg cholesterol, 418.1mg sodium