

carrot ginger soup

recipe: adapted (barely) from joy the baker

- 3 tablespoons olive oil
- 1 small yellow onion, sliced
- 1 clove garlic, minced
- 2 tablespoons fresh ginger, peeled and grated
- 1 small apple, peeled and sliced
- 4 to 5 cups peeled, sliced carrots (about 1 1/2 pounds)
- 4 cups chicken broth
- pinch of ground nutmeg
- salt and pepper to taste

Heat olive oil in a large pot over medium heat. Add the onions and cook until softened, about 5 minutes. Add the ginger and garlic and cook for one minute, until fragrant. Add sliced apples and diced carrots and cook for 3 minutes more.

Raise heat to medium-high and add chicken broth. Bring to a boil. Reduce heat to low and simmer, uncovered, until carrots and apples are softened, about 30 minutes. Remove pot from heat and let rest for 10 minutes.

Blend the soup in batches in a blender, or with a hand blender (as I did). If using a blender, blend in batches to avoid overflow/spray. Leave the blender lid slightly ajar to let some of the steam escape.

Once all of the soup is blended, return to the pot. If you'd like a thinner consistency, and more broth. (I didn't find this necessary.) Add a dash of ground nutmeg.

Soup will last in an airtight container in the refrigerator for up to 4 days. This soup also freezes well. Thaw in the fridge before reheating.

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