HEARTY FALL SOUPS

CARROT GINGER SOUP

SERVE: 4
TOTAL TIME: 35 MIN

INGREDIENTS

1/2 Onion, Medium Dice
2 Tbsp Butter
3 Tbsp Fresh Ginger, Minced
6 Carrots, Medium Diced
1/4 Tsp Salt
4 Cups Water or Vegetable Stock
1/4 tsp Nutmeg
2 Cups Heavy Cream

DIRECTIONS

In a medium sauce pot melt butter and add the onion. Cook until onions are fragrant. Add carrots salt, Nutmeg and Heavy Cream. Cook for 5 minutes. Add Water and cook until carrots are soft.

Use a hand blender to puree soup and make smooth.
*note if you do not have a hand lender use a food processor and puree in small batches