



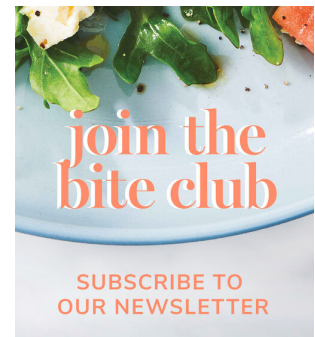
# carrot ginger soup with roasted almonds

Did you know that there's a relationship status button on Facebook declaring, "It's complicated"? Well, Mr. Zuckerberg, where's the "It's simple" one? That's the status we give this unbelievably easy and delicious Carrot Ginger Soup. Creamy yet creamless, this healthy soup not only benefits from the sweetness of roasted carrots, but also the hint of heat from freshly grated ginger. Sprinkled with a crunchy roasted almond topping, this superbly warming soup gets a "Like" (only because there's no "Love" button) from one and all.

SERVES: 6



julie albert & lisa gnat



## ingredients

- 3 lbs carrots, peeled, cut into large pieces
- 1 tbsp olive oil
- 2 tbsp butter
- 1 medium yellow onion, chopped
- 1 large garlic clove, minced
- 2 tsp grated fresh ginger
- 1/2 tsp ground cumin
- 1/4 tsp kosher salt
- 6 cups chicken broth (or vegetable broth for vegetarian soup)
- 1 tbsp fresh lemon juice

### Roasted Almond Topping

- 1 cup roughly chopped, unsalted roasted almonds
- 1/3 cup chopped fresh flat-leaf Italian parsley
- 1 tbsp olive oil
- 2 tsp lemon zest
- 1 pinch kosher salt

## directions

1. Preheat oven to 425°F. Toss carrots with olive oil. Place on a parchment-lined baking sheet. Roast in the oven for 20-25 minutes, until nicely caramelized. Remove from oven and set aside.
2. In a large soup pot, melt butter over medium heat. Add onions and cook until softened, 3-4 minutes. Add garlic, ginger, cumin and salt, stirring, cooking for 1 minute more. Add chicken broth and roasted carrots. Reduce heat to low and simmer uncovered for 20 minutes.
3. Using a blender, puree soup in 2 batches so it does not overflow in your blender. Return soup to pot and stir in lemon juice. In a medium bowl, toss almonds, parsley, olive oil, lemon zest and salt together. Garnish each bowl of soup with a generous spoonful of almond mixture.

*"What did the carrot say to the wheat? Lettuce rest, I'm feeling beet."*

— SHEL SILVERSTEIN

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