

Carrot-Ginger Soup

Zesty, fresh, and bright

Makes 1 large pot | 45 minutes- 2 hours

Read at least once over before you begin

You'll need:

- Medium or large pot
- Vegetable stock: approx. 1.5-2 liters
- Carrots: 3 medium
- White potatoes: 2 medium
- Fennel: 1 medium bulb
- Celery: 2 medium stocks
- Shallot: 1 medium
- Onion: 2 medium
- Fresh peeled ginger: 2 inch x 1 inch knot
- Fresh garlic: 1 bulb
- Olive oil: to taste
- Salt: to taste
- Pepper: to taste
- Red pepper flakes: to taste

Components:

- Broth
 - Homemade or store-bought veggie stock
 - If you are going with homemade, make in advance and set aside
- Base
 - Olive oil
 - Produce, chopped: carrot (1), fennel, celery, shallot, onion, fresh ginger, garlic
 - Seasoning: Salt, pepper, red pepper flakes
- Bulk
 - Rough cut carrots (remainder) and white potatoes
 - Salt, pepper

Method:

1. Make or thaw your homemade broth. If you are using store-bought, or if your broth is already prepared, set it aside for later.
2. Heat your pot (medium heat). *Do not add the oil yet.*
3. While the pot warms, prepare your base and bulk produce. Separate them into two bowls. Set aside.
4. Add oil to your pot once it is hot.
5. After letting the oil heat for a minute, add your base produce and seasoning.
6. Cook on low/med heat stirring regularly until the onions are translucent– *Whatever you do, just don't let the garlic burn!*

7. Add bulk ingredients to the pot with enough veggie broth to submerge. Save the remaining veggie broth to add later.
8. Simmer the soup with the lid on until the potatoes and carrots are soft, tasting and salting along the way if need be.
9. Add remaining veggie broth and blend the contents of the pot to your desired consistency.
10. Taste- At this point, the ginger should be more powerful. If you'd like it more gingery, add powdered ginger. Does the soup need more salt? Pepper? Something else? Add it now!
11. Turn the heat to low. The soup can sit and develop flavour for longer if you'd like, but if you're hungry, scoop some out and enjoy!

Store leftovers in the fridge for up to 4 days or in the freezer for up to 4 months.

Pairs well with:

- Toasted pumpkin seeds (topper)
- A sandwich
- Dumplings