

Carrot & Ginger soup

Measurements	Ingredients
1.3 kg	peeled carrots
2 tbsp	olive oil
1 tbsp	grated fresh ginger
7 gr	kosher salt
7 gr	black pepper
2	garlic cloves
1 tbsp	vegetable coriander
1 tbsp	all spice
230 gr	unsweetened heavy cream

Preheat the oven to 220 degrees.

Arrange the carrots on a large lightly oiled sheet pan.

Season the carrots lightly with salt and pepper and drizzle generously with olive oil.

Roast in the heated oven for 45 minutes, turn over mid-way through.

When the carrots are fork tender and nicely caramelized, remove them from the oven and set aside briefly.

Once cool enough to touch, cut the carrots into chunks and place them in a large food processor with the garlic, ginger and 3 cups of the broth.

Puree until the mixture is smooth.

Transfer the carrot puree to a heavy cooking pot. Add the remaining broth, coriander and all spice.

Place the pot on medium heat and watch carefully as the soup will bubble.

Stir occasionally.

Turn the heat to medium-low and stir in the heavy cream (or half and half).

Once heated through, remove from the stove. Transfer to serving bowls and garnish with fresh mint leaves.

Serve with your favorite rustic bread.

Macros

Fat 2.3 gr

Protein 10.8 gr

Carbs 1.9 gr

Fiber 0.7 gr

Sugar 0.3 gr

Kcal

83 per serving



prep time
10 min.



cook time
55 min.



serving
6 servings