

## Carrot Ginger Soup

So easy and healthy too!



This healthy Carrot Ginger Soup is made with fresh carrots, a hint of fresh ginger and a touch of white wine blended until creamy, perfect for lunch or dinner.

### Ingredients (Yields 48 ounces)

#### Directions

13 carrots peeled  
1 large white onion  
1½ oz. fresh ginger  
6 cloves garlic  
4 cups vegetable stock  
½ cup white wine

Chop carrots and Onions in large dice and place in large pot. Peel and rough chop ginger and place in pot. Add cold wine and vegetable stock and bring all ingredients to a simmer. Simmer for 20 minutes and allow to cool for 10 min.

Place all ingredients in blender and blend smooth. Place in refrigerator and allow to cool overnight to allow flavors to fully develop. Season with kosher salt to taste.

### Download the recipe

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