

Carrot Ginger Soup

This yummy soup will put a spring in your step with it's carrots and ginger. A perfect lunch or dinner for everyone!

Preparation Time: 15 minutes

Cooking Time: 65 minutes

Servings: 8

Ingredients:

Amount	Ingredient	Cost – date:
¼ cup	Veg oil	
1 cup	Celery, finely diced	
1 cup	Onion, finely diced	
8 cups	Carrots, finely chopped	
8 cups	Vegetable broth	
1/2 cup	Orange juice	
2-3 Tbsp	Ginger, freshly grated	
2 Tbsp	Butter (or margarine)	
To taste	Salt and pepper	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Heat oil over medium heat in pan.
2. Add celery and onion, cover and cook 10 mins until soft. Stir often
3. Add carrots and cook another 20 mins. Stir often. Add broth, juice and ginger.
4. Simmer for 30 mins until the veggies are tender.
5. Puree in blender or use immersion blender, until smooth. Return mixture to pan and add butter, stirring until melted.
6. Add salt & pepper to taste.
7. Serve and enjoy!

Source: Christine L

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!