



Recipes

Carrot and Ginger Soup

¼ C Coconut Oil
1 1/2 cups sliced onions
1 1/2 teaspoons minced garlic
1 ½ tablespoons finely chopped peeled fresh ginger
1 1/4 pounds medium carrots, peeled, chopped (about 3 cups)
2 tomatoes, seeded, chopped (about 1 1/3 cups)
1 1/2 teaspoons grated lemon peel
3 cups (or more) vegetable canned low-salt broth (Organic)
2 tablespoons lemon juice

Directions:

Melt coconut oil in heavy large pot over medium-high heat. Add onions; sauté 4 minutes. Add ginger and garlic; sauté 2 minutes. Add chopped carrots, tomatoes and lemon peel; sauté 1 minute. Add 3 cups vegetable broth and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 minutes. Cool slightly.

Puree soup in batches in blender. Return soup to pot. Mix in lemon juice. Season with salt and pepper.

Bring soup to simmer, thinning with more stock, if desired. Ladle into bowls.