



Carrot Ginger Soup

INGREDIENTS (Yield: 8 servings)

- 2 pounds baby carrots
- 1 medium yellow onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/2 teaspoon cinnamon
- 2 Tablespoons olive oil
- 3 cups low-sodium vegetable broth
- 1 Tablespoon minced fresh ginger
- 1/3 cup lite coconut milk
- 2 Tablespoons orange juice
- 8 Tablespoons plain, non-fat Greek yogurt
- Optional garnishes: Fresh thyme, orange zest

NUTRITION INFORMATION: 103 calories; 4 grams fat; 1 gram saturated fat; 0 grams cholesterol; 147 mg sodium; 14 grams carbohydrates; 6 grams fiber; 3 grams protein

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Place carrots, onion, garlic powder, dried thyme, cinnamon, and olive oil into a large mixing bowl and toss to combine. Spread carrot mixture evenly on a large baking sheet. Roast for 35 to 45 minutes, stirring halfway through, or until carrots are tender. Place roasted carrot mixture in a blender. Add the vegetable broth, fresh ginger, coconut milk, and orange juice. Blend until smooth. Pour into 8 bowls and garnish with Greek yogurt (1 Tablespoon), and if desired, fresh thyme or orange zest.

Chef's Note: The first important step in making this carrot ginger soup recipe is preparing your carrots. Some recipes call for sautéing or boiling the carrots until tender, but if you have the time, roasting the carrots will give you the best results. When roasted, the dry heat of the oven caramelizes the natural sugars in the carrots and pulls out their sweetness. Not only do they get perfectly tender for the soup, but the process of roasting produces those deep and beautiful flavors that make this pureed soup extra special! Yes, roasting the carrots can take a bit of time, but you can do this one night in advance and save the carrots in the fridge until you're ready to make your soup.