

## *Idiot's Kitchen Recipe – Carrot Ginger Soup*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Joy the Baker



### Ingredients:

2 pounds carrots, peeled & sliced  
1 large onion, chopped  
1-2 cloves garlic, minced  
2-3 Tablespoons fresh ginger, peeled and grated – about a 3 inch piece  
2 Tablespoons olive oil  
1 large apple, peeled and cubed  
2 cups vegetable broth  
2 cups water  
Zest and juice from ½ orange  
Pinch nutmeg  
Salt & Pepper

Heat 2 Tablespoons of olive oil in a large soup pot over medium high heat. Sauté 1 large chopped onion for about 5 minutes until tender but not browned. Add 2 pounds of peeled, chopped carrots, 1-2 cloves of minced garlic, and 2-3 Tablespoons grated ginger.

Add 2 cups of vegetable broth and 2 cups of water. Peel and chop 1 large apple and add it to the pot. Bring the soup to a boil then reduce the heat to low, cover, and simmer for 30 minutes or until all of the vegetables are tender.

Use an immersion blender, food processor, or regular blender to blend the soup until smooth and silky. Remember if you're using a traditional stand blender to never fill the jar more than half full with hot liquid as it will expand.

When the soup has been blended, add the zest and juice from ½ orange. You might need to add more broth or water (often as much as 1 cup) if the soup is too thick. Season with a pinch of nutmeg, and salt & pepper to taste.

Makes 4 very generous servings.