

ORGANIC GINGER CARROT SOUP
PRESENTED BY
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UKROP'S SUPERMARKET

Ingredients:

2 tbs Earth Balance margarine
1 onion – diced
1 pound organic carrots – peeled and cut into 2 inch pieces
3 cups organic vegetable stock or broth
1 cup orange juice
1 tsp vege-sal
1 tsp Garam Masala seasoning
1 tbs Ginger People ginger juice

Instructions:

Heat the margarine and the onion in a heavy based stockpan and cook until the onions are very soft (about 10 minutes). Add the seasonings and the orange juice and cook for about 5 minutes. Add the carrots and cook for 5 minutes, then add the stock and cook until the carrots are completely cooked and soft. If there is not enough stock, add some. If there is too much stock, let some boil off.

In 2 or 3 batches, add the soup mixture to a blender and process until smooth. Complete until all of the carrots have been processed. Return to the pot and adjust the seasonings.

NOTES FROM THE CHEF:

- ⤿ Using a blender to process the carrots will make a smoother soup than using a food processor or hand blender.
- ⤿ Adding the seasonings as you sautee the onion, will give a more defined taste and aroma.