

ARIANE HUNDT

CLINICAL NUTRITIONIST

QUICK + EASY + VITAMIN A
SUPER NUTRITIOUS IMMUNITY BOOSTER

carrot ginger soup



This wonderful soup will **soothe any digestive issues** you may have. It also provides a good amount of **Vitamin A** (good for your eyes), and it **boosts your immunity** as well (chicken soup is thought to contain ingredients that inhibit the action of white blood cells, called neutrophils, that trigger an inflammatory response).

arianehundt.com/post/carrot-ginger-soup

carrot ginger soup

INGREDIENTS

- 1 container organic chicken stock or veggie stock (chicken stock has more immune boosting power)
- 1 can of light coconut milk
- 15-20 big carrots or 2 bags of baby carrots
- 1 medium bulb of fresh ginger (ginger is spicy, so use it according to your taste)
- 1 medium sweet onion
- Olive oil (go with the virgin, of course :-)
- Pepper, cumin, turmeric

DIRECTIONS

- Wash and peel the carrots and cut them into small pieces.
- Boil the carrots until semi-soft in the veggie or chicken stock.
- Dice the onion and ginger and stir-fry in one tablespoon of olive oil until golden brown.
- Add to the soup stock/carrot mix the onions and ginger and let it simmer for about 10 minutes.
- Then pour the ingredients into a blender and blend until smooth and creamy (make sure it can take the heat. I've burnt out 2 blenders by pouring hot soup in them....). You can also use the Cuisinart SmartStick Hand Blender if you want to blend all ingredients in the soup pot.
- Pour your blended soup back into the pot and add the can of light coconut milk with 1/2 teaspoon of pepper, cumin and turmeric.
- Let it come to a simmer and then serve with a little dill or parsley on top.

Enjoy this delicious soup on a chilly day and you'll feel warm for hours afterwards.