

Carrot & Ginger Soup

Sarah Roberts

Makes approximately 12 1-cup servings, depending on the size of your roasting pan

Why I make this: A warm mug of soup on a cold day is so comforting but this soup is just as delicious served cold in the warmer months, so have fun with this easy, tasty, healthy soup that even the kids will love! Ginger and orange together is a match made in heaven, and carrots make the perfect base for a creamy, puréed soup. Enjoy!

INGREDIENTS

Lots of carrots (I used baby carrots, but any carrots will work. Chop larger carrots into smaller pieces, if using). I simply covered a large baking sheet.

2 medium cooking onions, roughly chopped (or any onions will do)

2-3 tablespoons grass-fed butter (or coconut oil if vegan or preferred)

Himalayan salt & freshly ground black pepper

1-2 tablespoons of chopped, fresh (or frozen) ginger (I leave it unpeeled, but you can peel it, if desired).

3/4 cup freshly squeezed orange juice (I juiced 2 medium oranges to yield 3/4 cup). You can also use store bought juice.

2 cups water, chicken stock or vegetable stock

4 cups plain, unsweetened almond milk (or other milk of choice). See Note.

DIRECTIONS

Preheat the oven to 350°F.

Line a large baking sheet with parchment, and cover it with carrots.

Throw on the chopped onion.

Place the butter (or coconut oil), using your fingers, in pieces all over the pan.

Season well with salt and pepper.

Place the baking sheet in the oven at 350°F for one hour, moving the carrots around after 30 minutes to encourage even cooking.

Once cooked, remove carrots from the oven and allow to cool slightly while you juice the oranges.

Chop the ginger.

Dump everything on your baking sheet into your blender, food processor or a large pot on the stove if using an immersion blender.

Add the water or stock and purée the soup on low, gradually increasing the speed to create a smooth texture.

Add in the orange juice and ginger and continue to blend.

If you have a big enough blender, add the almond milk now and continue to blend. If not, dump your soup into a large pot on the stove, over medium-low heat, and add the almond milk, stirring to incorporate it.

Season with salt and pepper to taste.

Ladle the soup into large mugs or bowls and enjoy!

NOTES:

1. Coconut milk would be heavenly instead of the almond milk, but to make it easy, healthy and cost-effective, I'd suggest using only 2 cans of organic, BPA-free coconut milk (find it at your local health food store). Supplement with water or stock to make up your 4 cups of liquid.

2. Depending on the size of your blender, you may need to make this in batches.

3. I used a few pieces of cauliflower when I roasted the carrots simply because it was in the fridge (probably 1/2 cup worth). It is unnecessary, but if you have any cauliflower that's starting to go, feel free to add it in. It will simply thicken the soup a little, so you may want to add a little more stock/milk, as desired.

4. This is now YOUR recipe, so play with the ingredients! Want more of an orange flavour? Add more juice! Want more of a kick? Add more ginger or a pinch of cayenne pepper. Have fun with your soup, because as my mother proved to me for all those years, any soup tastes good when you blend yummy veggies together...and add a little love. :)