

Carrot Ginger Soup

Adapted from America's Test Kitchen's *The Complete Cookbook for Young Chefs*

Servings: 2

Ingredients

8 oz. carrots, peeled and chopped

1 inch knob of fresh ginger, grated

1 $\frac{1}{3}$ cups vegetable broth

$\frac{1}{2}$ cup unsweetened coconut milk

1 tablespoon vegetable oil

Directions

1. Peel and trim carrots and ginger.
2. Chop carrots into thin coins.
3. Warm vegetable oil in medium sauce pan.
4. Add sliced carrots and saute for a couple of minutes.
5. Grate ginger into pan with fine grater or microplane.
6. Add vegetable broth, bring to simmer, cover, and cook for 10 - 15 minutes.
7. Once carrots are soft, remove pot from heat and let cool for a couple of minutes.
8. Blend the broth, carrot, and ginger mixture with the coconut milk and serve. You can use an immersion blender or standard blender for this. If you use a standard blender, you can fit the whole mixture into a regular mouth quart canning jar.