

# Herbal Legacy Recipes

## Carrot Ginger Soup

*Recipe submitted by Herbal Legacy Newsletter Reader Kiera Manna*

*A nice, light soup perfect for a simple Friday night supper. Try it this weekend.*



### **INGREDIENTS:**

- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 2 teaspoons grated fresh ginger
- 4 1/2 cups peeled and sliced carrot
- 1 cup potatoes, diced
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 4 cups light vegetable stock or water
- chopped parsley leaves for garnish

### **DIRECTIONS:**

Warm oil in a 3-4 quart saucepan over medium heat. Sprinkle in the garlic and ginger, stirring briefly. Add the sliced carrots, potatoes, salt and pepper and sauté for 10 minutes, stirring occasionally.

Add the stock or water, and bring to the boil, then reduce the heat and simmer the vegetables, covered, for 15 minutes, or until the vegetables are very tender.

Remove the pan from the heat, transfer the contents to a blender or food processor and process to a smooth purée.

Rinse the saucepan, return the soup to the pan, and gently reheat over moderate heat. For a thinner soup, add extra stock at this stage. Serve the soup hot with a sprinkle of freshly chopped continental parsley leaves.

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