

Carrot-Ginger Soup

This sweet and creamy, mildly spicy carrot soup is packed with vitamins A and C, and has a healthy dose of fiber.



Ingredients

- Olive oil cooking spray
- 2 T olive oil
- 1 cup chopped onion
- 4 cups finely chopped carrots
- 3 cups cubed, peeled baking potatoes
- 1 T grated, peeled fresh ginger
- 1/4 tsp. curry powder
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. black pepper
- 1/8 tsp. ground cloves
- 3 cans (15 oz.) low-sodium chicken broth
- 2 bay leaves

Preparation

1. Heat oil and a generous amount of cooking spray over medium heat. Add onions and sauté for about 3 minutes. Add carrots and potatoes; cook for one minute. Add ginger and remaining ingredients; bring to a boil. Cover. Reduce heat; simmer for one hour.
2. Discard bay leaves. Place six cups in a food processor; process until smooth. Return to pan and stir well.

Yield: 6 servings

Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 165

Fat 5g

Carbohydrate 24.5g

Dietary Fiber 4.2g

Protein 5.5g

Sodium 425mg

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