

# Carrot Ginger Soup



## Ingredients

- 1 pound carrots, chopped
- 1/2 yellow onion, chopped
- 3 cups low sodium vegetable broth
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp ginger
- Black pepper to taste
- Optional: 1 tsp maple syrup, Coconut milk for garnish

**Servings: 6**

**Serving Size: 1 cup**

**Nutrition Facts / Per Serving:**

Calories 61, Sodium 123 mg,  
Carbohydrates 10 g, Protein 1 g,  
Potassium 294 mg, Phosphorus 30 mg

## Directions

Skill Level: MODERATE

1. Heat oil in a large pot over medium heat. Sauté onions with black pepper until soft, about 8 minutes. Add garlic and carrots; cook 8 minutes more.
2. Stir in ginger, apple cider vinegar, and broth. Bring to a boil; reduce heat and simmer for 30 minutes.
3. Let cool slightly and add to a blender. Blend until smooth, thinning with water if needed. Add maple syrup for sweetness, if desired.
4. Optional: Serve warm with a drizzle of coconut milk.