

# Carrot Ginger Soup

serves 3-4

## Ingredients:

2 tablespoons coconut oil  
1 medium onion, chopped  
3 tablespoons fresh ginger, peeled and grated  
4 cups chopped, peeled carrots (about 10-12 carrots)  
3 cups vegetable or chicken broth  
1 1/2 cups orange juice  
1/2 teaspoon nutmeg  
1/2 - 1 teaspoon sea salt  
1/4 teaspoon black pepper

## Directions:

1. Heat coconut oil in a soup pot over medium heat. Add onion and sauté for several minutes, until tender. Add ginger, sauté one minute more.
2. Add carrot, broth, nutmeg, salt and pepper. Bring to a boil, reduce heat and cover. Simmer for 25-30 minutes, or until carrots are tender.
3. Add orange juice.
4. Puree soup with an immersion blender or food processor. (If using blender or processor, small batches is important with hot soup.)
5. Check seasoning. Serve.

This is a wonderful, fresh tasting soup. And quite gingery! You may use a little less ginger, but we really love it with the 3 tablespoons.

Freezes well.

For variety, instead of orange juice use apple cider.

Notes: