

## Recipe – Carrot Ginger Soup

### Ingredients

- 1 onion, peeled and chopped
- 1 TBS butter or vegan margarine
- 1 ½ pounds carrots, scraped and sliced
- 1 tsp grated fresh ginger
- 1 quart vegetable stock or water

### Method

Sautee the onion gently in the butter or vegan margarine in a large sauce pan, covered, for five minutes, without browning.

Add the carrots, ginger and a sprinkling of salt. Cover and cook for a further 10 minutes. Stir from time to time and do not allow vegetables to brown.

Add the stock or water and bring to a boil, then simmer gently for about 15 minutes, until the carrots are tender. Puree the soup in a blender or food processor.

Return the soup to the pan, reheat gently and season to taste with salt and pepper.

Serves 4 – 6.