

"Farm Fresh Recipes"



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Ginger Carrot Soup

From Nourishing Traditions by Sally Fallon

1 lb carrots
2 medium onions
4 Tbsp butter or coconut oil
2 tsp curry powder (optional)
1 ½ qt broth- veggie or chicken
Zest of 1 lemon
½ tsp (or more!!) fresh grated ginger
Salt and pepper to taste
Sour cream or yogurt to top (also optional)

Sauté veggies in butter or oil for about 15 minutes. Add curry powder, and then add stock and ginger. Bring to a boil and then skim off the top. Simmer for about 15 minutes, covered, then puree and add lemon zest and adjust seasonings. Allow to rest about 10 minutes before serving.

Serve with a dollop of cream or yogurt if so desired!

Some variations: add coconut milk, butternut squash, omit the onion.

If you can make your own broth the soup is that much better!! (And that much more of a healing soup!)

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