Carrot Ginger Soup

My Mom used to make what she called “Garbage Soup” when she cleaned out the fridge before grocery shopping. Leftover or unused food items were tossed into a pot and blended to make the soup look appetizing (and disguise the ingredients)! This soup is healthy, delicious, and easy to make. The texture is smooth and creamy.

Ingredients

2 tablespoons olive oil

½ to 1 cup chopped onion

3 Crushed garlic cloves

Bunch of heirloom carrots, chopped into pieces

½ green apple

Salt & pepper

Grated fresh ginger or 1 tsp powdered ginger

½ fresh lemon juice

1 ½ cup chicken or vegetable stock (can add more later)

Ground pepper and salt to taste

¼ tsp dried basil or 1 basil leaf and walnut pieces for garnish

Instructions

In a deep pot heat olive oil and sauté’ onions, carrots, apple, and garlic. After 3 to 5 minutes when onions are soft, add salt, pepper, fresh grated ginger, or powdered if that is what you have available. Wait a minute and add the lemon juice. Stir a few minutes and slowly add the liquid stock. Cook on a gentle boil for 10 minutes. Test a carrot piece to make sure it is soft enough. Puree the soup either with an immersion blender or a good old-fashioned countertop blender until the texture you prefer is reached. Pour back into the pot and heat on low for 5 more minutes. Serve with a tsp of cream gently swirled, ground pepper, basil, and a few chopped walnuts.

Laurie B