

Carrot Apple Soup

Serves 6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 tablespoon canola oil
- 1 small yellow onion, diced (about 1 cup)
- 2 garlic cloves, minced
- 1 tablespoon ginger, minced
- 1 ½ pounds carrots, peeled and chopped
- 1 large apple, peeled and chopped
- 4 cups vegetable broth
- Salt and pepper to taste
- Pinch of nutmeg, optional
- Olive oil to garnish, optional

Directions

1. Heat canola oil in a stock pot over medium heat. Add onion and cooking until softened and translucent, about 5 minutes. Add garlic and ginger and cook until fragrant, about 1 minute. Add carrots and apple and cook for 5 minutes, stirring occasionally.
2. Add vegetable broth and bring to a boil. Reduce heat to low and simmer, uncovered, until carrots and apple are softened, about 20 minutes.
3. Blend the soup using one of the following methods, then add nutmeg and salt and pepper to taste:
 - a. Immersion blender – insert immersion blender into the carrot and blend until smooth
 - b. Blender or food processor – let cool for several minutes, then puree in batches until smooth. To avoid big mess, do not fill blender or food processor more than halfway. If possible, leave lid ajar to allow steam to escape.
4. Serve warm – reheating in stock pot if necessary. Garnish with a drizzle of olive oil if desired.

Recipe from Meals to Boost Energy, Fall 2016