

Carrot Soup with Ginger and Lemon



Makes 4 Servings

Ingredients

- 3 tablespoons Olive oil
- 1 1/2 cups chopped onion
- 1 tablespoon finely minced ginger
- 1 1/2 teaspoons minced garlic
- 3 cups carrots (peeled, chopped)
- 2 medium tomatoes (seeded, chopped)
- 1 1/2 teaspoons grated lemon peel
- 3 cups (or more) chicken stock or canned low-salt broth
- 2 tablespoons fresh lemon juice
- chopped chives (for garnishing)

Preparation

1. In large pot, heat oil over medium-high and add onion; sauté 4 minutes. Add ginger and garlic; sauté 2 minutes. Add chopped carrots, tomatoes, and lemon peel; sauté 1 minute. Add 3 cups stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 minutes. Cool slightly.
2. Puree soup in batches in blender. Return soup to pot. Mix in lemon juice. Season with salt and pepper.
3. Bring soup to simmer, thinning with more stock, if desired. Ladle into bowls. Garnish with chives and serve.