

Savory Carrot and Ginger Soup

Makes 36 servings of ¼ cup size

Ingredients:

2 T. olive oil

1 small onion, chopped

2 T. fresh ginger, finely chopped

1 clove garlic, finely chopped

4 cups carrots, sliced

4 cups chicken stock

1 t. salt

¼ t. pepper

¾ cup Fairlife milk

Preparation:

1. Heat oil in a large heavy saucepan over medium-high heat. Add onions and garlic. Saute' until tender and fragrant, about 5 minutes. Add carrots and chicken stock and stir. Cover and simmer until carrots are tender, about 30 minutes.
2. Puree the soup using a blender, food processor or handheld immersion blender. Be careful when blending, use a towel to put over the lid since the lid may blow off the blender or crack the food processor if it is plastic.
3. Return soup to saucepan. Stir in the milk. Cover and heat for 5 minutes.
4. Place in small containers with lids or ice cube trays for storage in freezer.

Nutrition analysis per ¼ cup serving (using Fairlife milk): 16 kcal, 1 g protein, 2 g carbohydrate, 1 g fat

Mercy Dietitians