



CREAMY CARROT GINGER SOUP

Ingredients

- 1 lb carrots, peeled and chopped
- 1/2 butternut squash, peeled and seeds scooped out
- 1 onion, chopped
- 3 - 4 cloves garlic, minced
- 2 inch piece of fresh ginger, grated
- 1 bay leaf
- 1/8 tsp ground cinnamon
- 4 cups water, vegetable broth or chicken broth
- 1 tsp salt, or to taste
- ground pepper to taste

Serve with: fresh lemon juice and/or sour cream

1. Heat oven to 350 and roast squash until tender, about 35 minutes, turning once half-way
2. Sauté onions and garlic until translucent
3. Add carrots, cubed roasted squash, ginger, water (or broth if using) and bay leaf
4. Bring to a boil and continue cooking until carrots are very tender, about 20 minutes
5. Remove bay leaf
6. Working in batches, carefully transfer soup to a blender and blend until creamy, or use an immersion blender
7. Add cinnamon, taste and adjust seasonings
8. Serve with a wedge of fresh lemon and sour cream

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Sheltering at home has challenged me to come up with healthy and nutritious lunches that also use up items already in my pantry and refrigerator. I decided to try a soup recipe I found on Allrecipes.com for lunch on a cold rainy Sunday when I realized I had almost 3 pounds of carrots!

The recipe calls for butternut squash, which thankfully I also had in my fridge. You can substitute canned puréed pumpkin or fresh sweet potatoes, for example, if you don't have butternut squash. I think the results will be equally delicious.



We served this with a homemade drop biscuit. A side salad, or grilled cheese sandwich, are a nice way to complete this lunch, too.