



Lucia's Ginger Carrot Soup Recipe

INGREDIENTS

- 3 lbs Carrots, Peeled
- Private Reserve Greek Extra virgin Olive Oil
- Salt and Pepper
- 4 Garlic Cloves Chopped
- 1 Tsp Grated Fresh Ginger
- 5 1/2 Cups Low- Sodium Vegetable broth, divided
- 1 tsp Ground Coriander
- 1 tsp All Spice
- 1 1/2 cup unsweetened fat free Half and Half (or Heavy Cream)
- Fresh min for garnish (optional)

DIRECTIONS

- Preheat oven to 425 degrees F.
- Arrange the carrots on a large lightly oiled baking sheet, season lightly with salt and pepper and drizzle generously with olive oil.
- Roast in oven for 45 minutes, turn over mid-way though.
- When carrots are fork tender and nicely caramelized, remove them from the oven and set aside to cool.
- Once cool enough to touch, cut the carrots into chunks and place in a large food processor with the garlic, ginger, and 3 cups of broth. Puree until the mixture is smooth.
- Transfer the carrot puree into a heavy cooking pot. Add the remaining broth, coriander, and allspice. Place the pot on medium heat and watch carefully as the soup will bubble. Stir occasionally.
- Turn the heat to medium-low and stir in heavy cream. Once heated through, remove from the stove.
- Transfer to a serving bowl and garnish with fresh mint leaves. Serve with your favorite rustic bread!

Enjoy!

