

Carrot Ginger Soup

1 lb carrots, peeled and chopped
2 T minced fresh ginger
2 cloves garlic, minced
2 cups vegetable or chicken broth
1/2 tsp salt
1/4 tsp coriander
1 T olive oil
thinly sliced green onions for topping (optional)

Directions:

Heat the olive oil over medium high heat. Add the minced garlic and ginger and sauté for three-four minutes.

Add the chopped carrots, broth, coriander and salt and bring to a boil.

Reduce heat to simmer and cook for 10-15 minutes until carrots are tender. Carefully transfer to a blender and puree. Serve with thinly sliced green onions on top.