



Carrot Soup with Warm Spices

Adapted from *Fields of Greens*, by Annie Sommerville

Makes 10 cups

- 5 cups of vegetable stock, see separate recipe
- 1 tablespoon olive oil
- 1 yellow onion, chopped, about 1½ cups
- 3 cloves garlic, finely chopped
- 1 teaspoons whole cumin seed, toasted and ground
- 1 teaspoon whole coriander seed, toasted and ground
- 2 teaspoons grated fresh ginger
- 2 pounds carrots, peeled and thinly sliced, about 7 cups
- 1 medium red-skinned or Yukon gold potato, peeled and thinly sliced, about 1 cup
- ½ cup fresh orange juice
- Pinch of cinnamon (add just a little at a time, to taste)
- Toppings: Toasted pine nuts or walnuts, plain yogurt, low-fat sour cream or crème fraiche



**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

Directions

Make the stock and keep warm on the stove until ready for use (the stock can be made several days ahead of time and kept in the refrigerator). Heat the olive oil in a large soup pot and add the onion and ½ teaspoon salt. Sauté over medium heat until the onion begins to soften, 5-10 minutes. Add the garlic, cumin, coriander and ginger. Cook until the onion is soft, adding a little stock if it sticks to the pan.

Add the carrots, potato, a pinch of salt, and 4 cups stock. Bring to a boil, then simmer, covered, for about 15 minutes, or until the carrots and potato are tender. Puree soup in a blender, adding stock if needed. Return to soup pot and add orange juice and pinch of cinnamon. Season to taste and serve garnished with a little swirl of yogurt, sour cream or crème fraiche and a few toasted pine nuts.

NUTRITION INFORMATION PER 2 CUP SERVING:

Calories	150
Total Fat	3.5 g
Saturated Fat	0 g
Sodium	590 mg
Carbohydrates	30 g
Fiber	6 g
Protein	3 g
Potassium	819 mg

Also a good source of Vitamin A, Vitamin C, and beneficial phytochemicals

Cost per Serving: \$1.30