

CARROT SOUP (SERVES 8)

INGREDIENTS:

2 pounds carrots (about 8 medium carrots)
2-3 garlic cloves
1 teaspoon grated fresh ginger, from about a 1-inch knob
Optional: 2 apples
2 tablespoons extra virgin olive oil
8 cups chicken or vegetable broth (preferably low-sodium), or water
Salt
Optional: lemon

TIPS:

- This recipe makes 8 1-cup servings, good appetizer portions. For larger servings, double the recipe.
- Can be served hot or cold.
- Freezes well. To freeze, cool the soup, transfer it to plastic containers, and freeze.

DIRECTIONS:

1. Wash the carrots. Trim off the tops and bottoms and any damaged pieces. Peel only if necessary. If carrots are very large, cut them in half lengthwise. (You'll get 2 long pieces.) Cut crosswise (the short way) into very thin slices (about 1/8-inch thick, or as thin as you can make them).
2. Crush and peel the garlic, removing any green shoots. Finely chop (mince) the garlic. Peel the ginger by scraping it with a spoon. Grate the ginger.
3. If using, peel the apples and cut them into quarters lengthwise (down the stem). Cut each piece on a diagonal to remove the stem and seeds. Cut apples into thin slices.
4. Heat a pot or large saucepan over medium-high heat for a couple minutes. Add oil. Add garlic and ginger and cook, stirring constantly until fragrant, 20-30 seconds. Immediately, add carrots and, if using, apples. Stir to combine. Cook, stirring occasionally, until carrots soften, about 5 minutes.
5. Add broth or water, bring to a boil, lower to a simmer, and cook for 20-30 minutes, or until liquid is flavorful and tastes like carrots.
6. If desired, carefully puree the soup in a blender or using a stick blender. If soup seems too thick, add a bit more broth or water to thin it out. (If no blender is available, soup can be served as it is.) Season to taste with salt. If desired, add a squeeze of lemon to help balance the flavor.