

## Carrot Ginger Curry Soup

### Ingredients:

3-4 large raw carrots  
¼ onion, finely chopped  
2 cloves garlic, minced  
3 Tbsp. olive oil  
12 oz. vegetable broth  
1 cup soy milk  
1 tsp. yellow curry, ground  
½ tsp. ginger, ground  
1 tsp. chopped parsley  
½ tsp. sea salt  
¼ tsp. paprika  
Cracked black pepper

### Preparation:

Peel and slice carrots and steam until tender, set aside. In a skillet, heat olive oil and add onion and garlic. Sauté until clear and lightly caramelized. Add onion and garlic to cooked carrots. Put carrot mixture into blender or food processor and blend until smooth and thoroughly incorporated. Place carrot mixture in stockpot and add broth, soy milk and other seasonings. Heat, stirring often until smooth and creamy in consistency. Serves 4.

*Submitted by Melody Hofmann*

