

Carrot Ginger Soup – Vegan

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

Serving Size: 4
Calories per serving: 100
Fat per serving: 4 grams

Ingredients

- 4 cups vegetable broth, Trader Joe's Low Sodium
- 1 pound carrot, peeled and diced
- 1 onion, chopped
- 1 1/2 tablespoons vegan butter, Earth Balance
- 1 tablespoon ginger root, grated
- 1 teaspoon garlic powder
- Black pepper, to taste

Instructions

1. In a saucepan heat butter over medium-high heat. When butter is melted add chopped onions and cook for about 3 minutes.
2. Add ginger and garlic and stir for 25 seconds. Add carrots and cook for about 7-8 minutes until carrots are starting to soften.
3. Add to the pan the vegetable broth and bring to a boil, stir occasionally and cook for about 20 minutes, until carrots are tender.
4. Place the soup in a food processor and blend until smooth.
5. Season soup with pepper to taste, and serve hot.

Notes

Nutrition facts (per serving): Calories: 100, from fat: 38, total fat: 4g, cholesterol: 0mg, sodium: 205mg, total carbohydrate: 14g, fiber: 4g, sugar: 3g, protein: 2g.