Low-Fat Creamy Carrot Soup

Source: Natural Vegan Kitchen by Christine Waltermyer

Nothing is quite as warming as a bowl of soup with ginger and carrots. Ginger boosts circulation and aids digestion, too.

About the Recipe

88 Calories · 2.4 g Protein · 3.7 g Fiber
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 4 cups (946 mL) vegetable broth
- 6 carrots
- 1 onion
- 1/2 teaspoon (2.5 milliliters) iodized salt
- 6 inches (15.5 centimeters) ginger
- 1 scallion

Directions

1. Put the broth, chopped carrots (about 3 cups or 384 g), 1 cup (160 g) diced onion, and a pinch of the salt in a medium soup pot. Cover and bring to a boil over medium-high heat. Decrease the heat to low and simmer for 25 minutes, or until the carrots are soft.
2. Using an immersion blender, puree the soup in the pot until smooth. Alternatively, you can use a ladle to transfer the soup to a blender or food processor and process until smooth. Return the blended soup to the pot. Finely grate the ginger into about 1/3 cup (32 g), squeeze and reserve the juice, and discard the pulp. Add the remaining salt, ginger juice, and a little water, if

needed, to achieve the desired consistency. Simmer for 5 minutes longer. Serve hot, garnished with the scallions.

Nutrition Facts

Per serving:
Calories: 88
Fat: 0.7 g
Saturated Fat: 0.1 g
Calories From Fat: 6%
Cholesterol: 0 mg
Protein: 2.4 g
Carbohydrate: 20 g
Sugar: 7.4 g
Fiber: 3.7 g
Sodium: 499 mg
Calcium: 51 mg
Iron: 0.7 mg
Vitamin C: 10 mg
Beta-Carotene: 9,510 mcg
Vitamin E: 0.9 mg