



ROASTED CARROT GINGER SOUP

Ingredients:

1 lb carrots, peeled and cut into 2 ½ inch strips
2 T oil, divided
1 small onion, diced
1 T minced fresh ginger
4 c low-sodium vegetable broth
¼ c chopped fresh thyme (optional)

Instructions:

Preheat oven to 375. Toss carrot strips with 1 T of the oil. Transfer to a baking pan and roast for 25 minutes, or until carrots are tender and lightly browned, turning halfway through. Heat remaining 1 T of oil in a large pot over medium heat. Add onion and saute. Add ginger, roasted carrots, broth and salt to taste. Bring mixture to a boil, reduce heat to medium and cover. Cook for 20 minutes, then remove from heat and let cool slightly.