
Carrot & Ginger Soup with Lime

From "And Beyond" safari camps, Botswana, Africa



Servings: 5

1. Heat oil and sweat the ginger, garlic and onion gently for about 10 minutes in a covered saucepan, without browning.
2. Add carrots and stock. Cover, bring to a boil and simmer for about 20 minutes until vegetables are tender.
3. Cool a little, then puree until smooth.
4. Stir in lemon juice, ginger, milk and cream, then add salt and pepper.
5. Serve warm or cold with a thin slice of lime on top.

- 1 tablespoon vegetable oil
- 1 tablespoon fresh ginger, finely grated
- 1/2 teaspoon fresh garlic, finely chopped
- 1 cup white onion, thinly sliced
- 3 1/2 cups vegetable stock, [I used chicken stock]
- 4 1/2 cups carrots, washed, sliced
- 1/8 cup fresh lime juice
- 1/2 cup milk
- 1/2 cup heavy cream
- Salt and freshly ground black pepper to taste
- 1 teaspoon fresh ginger, finely grated (added near the end)
- 5 slices lime, very thinly sliced rounds

Per Serving (excluding unknown items): 320 Calories; 15g Fat (40.9% calories from fat); 8g Protein; 43g Carbohydrate; 7g Dietary Fiber; 38mg Cholesterol; 1202mg Sodium. Exchanges: 1 Grain(Starch); 3 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat.

Carolyn T's Blog: tastingspoons.com
