

Lunch | Dinner | Snack

Carrot-Ginger Soup

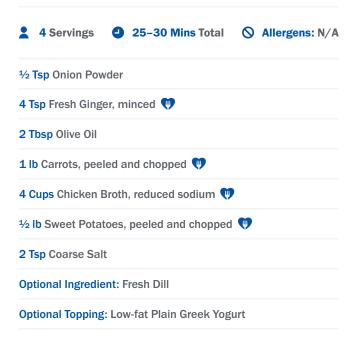
10 Mins Prep Time

15-20 Mins Cook Time

4 Servings

163 Calories 7g Fat 11g Carbs 6g Protein

Ingredients





Nourishment Note



Ginger

Ginger is a great spice to use in recipes not only for it's flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.



© Carrots

Carrots contain vitamin A, potassium, and vitamin K. Vitamin A is important in strengthening the immune system and building healthy cells, potassium is a key nutrient that can be low as a result of a flare, and vitamin K is vital to blood & bone health.



(7) Chicken Broth

Chicken broth adds vitamins & minerals to the dish, and helps maintain hydration levels during periods of flare-ups.



Sweet Potatoes

Peeled and cooked sweet potatoes provide your body with potassium, an electrolyte, that can be low as a result of a flare.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Spices in Oil

In a large pot over medium heat, cook the onion powder and ginger in olive oil until fragrant, 2 minutes.

3. Add Ingredients

Add carrots, sweet potato, chicken broth, and the coarse salt.

4. Let Simmer

Simmer, uncovered, until vegetables are tender when pierced with a fork, about 15-20 minutes.

5. Purée Until Smooth

Carefully transfer the contents to a blender, and puree until smooth. (Caution: hot liquids in a blender may cause the top to pop off. Place a cloth over the blender lid and hold to secure.)

6. Season to Taste

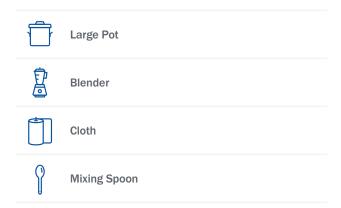
Season with salt and pepper and sprinkle with dill and a dollop of Greek yogurt if desired.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from marthastewart.com

What You'll Need



Remission Remix

 In step one, omit the garlic powder and replace with a diced white onion. Sauté the onion in the olive oil until slightly golden in color. Add the ginger and cook until fragrant.