

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


 **4 Servings**  **25-30 Mins Total**  **Allergens: N/A**


**½ Tsp** Onion Powder

**4 Tsp** Fresh Ginger, minced 

**2 Tbsp** Olive Oil

**1 lb** Carrots, peeled and chopped 

**4 Cups** Chicken Broth, reduced sodium 

**½ lb** Sweet Potatoes, peeled and chopped 

**2 Tsp** Coarse Salt

**Optional Ingredient:** Fresh Dill

**Optional Topping:** Low-fat Plain Greek Yogurt



### Nourishment Note



#### **Ginger**

Ginger is a great spice to use in recipes not only for its 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.



#### **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](http://marthastewart.com)

## What You'll Need



Large Pot



Blender



Cloth



Mixing Spoon

### 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.