

# Carrot-Ginger Soup

1 small onion, finely diced  
1 tablespoon garlic paste  
    (or 2 cloves garlic, crushed)  
1 tablespoon ginger paste  
    (or one inch piece of fresh ginger, grated)  
1 tablespoon oil  
1 can (14-16 oz) sliced carrots, drained  
1 can (14-16 oz) of vegetable (or chicken) broth  
Salt & Pepper to taste  
1 teaspoon lemon juice  
Parsley and sour cream to garnish (optional)



1. Saute onion in hot oil. Add the garlic and ginger, cooking on low heat for 5 minutes.
2. Add the drained carrots and one can of broth, Bring to a boil, Reduce heat and cook until carrots are soft (about 15 minutes).
3. Use an immersion blend and puree mixture in saucepan, or carefully pour hot contents into a blender and puree. If using a blender, return pureed soup to pan. Season to taste with salt and pepper. Add a dash of lemon juice and stir through before serving.
4. Ladle into mugs or bowls. Garnish with a swirl of sour cream and a sprig of parsley.
5. Yields two servings.

## Nutrition Minute: Carrots

Carrots are root vegetables first grown in the Middle East around 900AD. The commonly recognized orange carrot of today was developed in Central Europe in the 15<sup>th</sup> or 16<sup>th</sup> century. In addition to orange, carrots come in a variety of colors including white, yellow, red, and purple. Taste can range from sweet to slightly bitter or earthy, depending on color, size and where it is grown.

One large carrot provides the following nutritional value and is an excellent addition to your diet.  
30 calories

1g Protein

2g Fiber

3g Sugar

7g total Carbohydrates

50mg Sodium

0g Fat

0g Cholesterol

In addition, carrots are excellent source of Vitamin A, Vitamin K, Vitamin B-6, Potassium, Copper, Iron and Manganese vitamins.

Carrots are an excellent source of antioxidants and may provide the following health benefits;

A rich source of beta-carotene, the body processes it as Vitamin A which helps **protect your eyes** from the sun and may lower your chance of cataracts, macular degeneration and other eye diseases.

Antioxidants may **lower your risk of heart disease and stroke**, and Potassium assists with **regulating blood pressure**.

The two most common Antioxidants (carotenoids and anthocyanins) have been proven to fight off free radicals, which may **reduce your risk of cancer**.

Carrots are naturally low in calories and an excellent food for people managing their weight. Additional, as a good source of fiber, carrots help you **maintain good digestive health** by keeping your regular and easing constipation.

The Vitamin C in carrots helps your body develop antibodies to **boost your immune system** by aiding iron absorbtion and prevent infections.