

Spiced Carrot & Ginger Soup

Soupe Épicée Carotte-Gingembre

20 min

Easy

180 kcal per serving

Lunch

Dinner

Vegan

Gluten-Free

Quick



Ingredients

FOR ONE SERVING

Carrots (<i>Carottes</i>)	500 g
Fresh ginger (<i>Gingembre frais</i>)	20 g
Coconut milk (<i>Lait de coco</i>)	150 ml
Vegetable stock (<i>Bouillon de légumes</i>)	500 ml
Cumin (<i>Cumin</i>)	1 tsp

Nutrition facts

PER SERVING

Calories	180
Protein	4 g
Carbohydrates	28 g
Fat	7 g
Fiber	6 g

Preparation

- 1 Peel the carrots and ginger, then cut the carrots into thin slices and grate or finely chop the ginger.
- 2 Put the carrots, ginger, cumin, and vegetable stock into a pot and bring to a boil.
- 3 Lower the heat and simmer until the carrots are very tender, about 15 to 20 minutes.
- 4 Blend the soup until smooth using a blender or immersion blender.
- 5 Stir in the coconut milk and season with salt and pepper if needed.
- 6 Warm the soup gently for a minute or two, then serve hot.

GOOD TO KNOW

For a smoother soup, blend it a little longer and add a splash of hot water if it feels too thick.