



THE J.M. SMUCKER Co

Creamy Carrot Ginger Soup

Makes: 5 cups (1.1 L)

Prep Time Cook Time Serves Difficulty

15 mins 40 mins 5 N/A

Ingredients

- 2 tbsp (30 mL) Vegetable or Canola Oil
- 1 onion, chopped
- 2 tbsp (30 mL) chopped fresh ginger
- 1 clove garlic, finely chopped
- 4 cups (1 L) peeled, sliced carrots (about 1 1/2 lb / 750 g)
- 4 cups (1 L) chicken stock, vegetable stock or water
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 3/4 cup (175 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

Fat Free Evaporated Skim Milk

Directions

Step 1:

Heat oil in a heavy large saucepan over medium-high heat. Add onion, ginger and garlic. Saute until tender and fragrant, about 5 minutes.

Step 2:

Add carrots. Stir to combine well. Add chicken stock. Cover and simmer until carrots are tender, about 30 minutes.

Step 3:

Puree soup using a hand held immersion blender, blender or food processor.

Step 4:

Return to saucepan. Stir in evaporated milk.

Step 5:

Cook over low heat 5 minutes.

Step 6:

Taste and adjust salt and pepper to taste.

Make extra soup and freeze to have on hand. Soup may thicken so just add a bit of stock or water to thin out to desired consistency.

Images

