



## *Carrot Ginger Soup*

3 - 4 large carrots - cut up  
2 - 3 potatoes - cut up  
1/4 inch piece ginger - cut fine  
1 onion - chopped  
25 oz. (or so) chicken broth  
1 tablespoon oil or butter  
salt and pepper

Sweat onion and ginger in butter or olive oil until they begin to soften. Approximately 7 minutes.

Add carrots, potatoes and chicken broth.

Bring to boil, cover and simmer until potatoes are very soft.

Allow to cool and process to smooth consistency.

Season as desired.