



Carrot Soup

SERVINGS

6

TIME

30 minutes

INGREDIENTS

- 2 tablespoons butter
- ½ onion
- 1 pound carrots
- fresh ginger
- 2 cups chicken broth
- salt and pepper, to taste

EQUIPMENT

- Medium sized pot with lid
- Vegetable peeler
- Spoon
- Cutting board and sharp knife
- Liquid measuring cup
- Blender or immersion blender

DIRECTIONS

- Peel carrots and chop them into 1" chunks
- Slice onion in half through the root. Peel one half of the onion. Place half flat on the cutting board. Make thin slices cutting towards, but not all the way through the root. Turn onion 90° and thinly slice again to make a fine dice.
- Heat butter in a medium sized pan over medium heat. Add onions and cook, stirring often, until onions are translucent.
- While onions are cooking, peel a bit of ginger using a spoon, then grate using a zester.
- Add carrots, ginger, and broth to the pot, and bring to a boil. Cover, reduce heat and simmer for about 15 minutes, or until carrots are tender when pierced with a fork. Remove from heat.
- Carefully transfer mixture to a blender and puree. Season with salt and pepper.
- Serve with sour cream or creme fraiche.

TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Take all the ingredients out before you start measuring.
- Have the kids peel the carrots and cut, if able.
- Have the kids help cut the onion, if appropriate.
- Let the kids try and peel and grate the ginger.

