

Lunch | Dinner | Snack

Carrot-Ginger Soup

Side Effect: Nausea/Vomiting

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

163 Calories **7g** Fat **11g** Carbs **6g** Protein



Ingredients

4 Servings **25-30 Mins Total Time** **Allergens: None**

1/2 Tsp Onion Powder

4 Tsp Fresh Ginger, **washed thoroughly**, and minced

2 Tbsp Extra Virgin Olive Oil

1 lb Carrots, peeled, **washed thoroughly**, and chopped

4 Cups Reduced-Sodium Chicken Broth

1/2 lb Sweet Potatoes, peeled, **washed thoroughly**, and chopped

2 Tsp Coarse Salt



Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.



Carrots

Well-cooked vegetables, such as carrots, are mild in flavor and odor and typically tolerated with nausea.



Sweet Potatoes

Potatoes, in most forms, are often well tolerated when nauseous due to their low odor and mild flavor.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Cook Spices in Oil

In a large pot over medium heat, cook the onion powder and ginger in olive oil until fragrant, 2 minutes.

3. Add Ingredients

Add carrots, sweet potato, chicken broth, and salt.

4. Let Simmer

Simmer, uncovered, until vegetables are tender when pierced with a fork, about 15-20 minutes.

5. Puree Until Smooth

Carefully transfer the contents to a blender, and puree until smooth. (Caution: hot liquids in a blender may cause the top to pop off. Place a cloth over the blender lid and hold to secure.)

6. Season to Taste

Season with salt and pepper. Allow soup to cool to room temperature before consuming if hot foods are bothersome or triggering.

7. Store

Store unused soup in the refrigerator after 2 hours. Soup will keep in a covered, sealed container for up to 2 days in the refrigerator.

8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces and thoroughly wash hands.

Recipe adapted from: marthastewart.com

What You'll Need



Knife



Cutting Board



Vegetable Peeler



Measuring Cup



Measuring Spoon



Large Pot



Blender



Cloth



Mixing Spoon

Fatigue Buster

- Ask a friend or family member to help with preparing the soup.
- Soup can be frozen for up to 3 months and used on days when energy is too low to cook.
- Fresh ginger can be replaced with tubed ginger to reduce prep time.