

Lunch | Dinner | Snack

Carrot-Ginger Soup

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** **Allergens: N/A**

½ Tsp Onion Powder

4 Tsp Fresh Ginger, minced

2 Tbsp Olive Oil

1 lb Carrots, peeled and chopped

4 Cups Chicken Broth, reduced sodium

½ lb Sweet Potatoes, peeled and chopped

2 Tsp Coarse Salt

Optional Ingredient: Fresh Dill

Optional Topping: Low-fat Plain Greek Yogurt



Nourishment Note



🌿 Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.



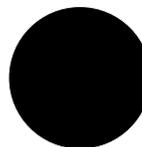
🌿 Carrots

Carrots contain vitamin A, potassium, and vitamin K. Vitamin A is important in strengthening the immune system and building healthy cells, potassium is a key nutrient that can be low as a result of a flare, and vitamin K is vital to blood & bone health.



🌿 Chicken Broth

Chicken broth adds vitamins & minerals to the dish, and helps maintain hydration levels during periods of flare-ups.



🌿 Sweet Potatoes

Peeled and cooked sweet potatoes provide your body with potassium, an electrolyte, that can be low as a result of a flare.

Instructions

1. Cook Spices in Oil

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

2. Add Ingredients

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

3. Let Simmer

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

4. Purée 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.)

5. Season to Taste

Season with salt and pepper and sprinkle with dill and a dollop of Greek yogurt if desired.

Recipe adapted from marthastewart.com

What You'll Need



Large Pot



Blender



Cloth



Mixing Spoon

Remission Remix

- In step one, omit the garlic powder and replace with a diced white onion. Sauté the onion in the olive oil until slightly golden in color. Add the ginger and cook until fragrant.