Carrot and Ginger Soup

Ingredients
- 5 carrots, peeled and roughly chopped
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1 tablespoon ginger, grated
- 3 cups vegetable or chicken stock
- ½ cup 3.5% milk
- Salt and pepper to taste

Making it
1. Heat the olive oil in a large pot over a medium heat
2. Add the carrots, onions and garlic into the pot and cook until the onions start to become a little soft. Add the grated ginger and cook for 1-2 minutes
3. Add some salt and pepper. Pour in enough stock to almost cover the vegetables.
4. Cook over medium-low heat until the carrot is cooked through.
5. Remove from the heat and puree with an immersion blender, or blend in batches.
6. Return to a low heat. Remove a small amount of the soup and add to the milk. This will help bring the milk to the same temperature as the soup and avoid splitting. Add the milk mixture back into the soup.
7. If the soup is too thick, add more stock or water to thin it. Season, to your taste.

NUTRITION FACTS
Servings: 4

PER SERVING
Calories (kcal): 110  
Fat (g): 4  
Carbohydrate (g): 13  
Fibre (g): 3  
Protein (g): 4

TIPS & HINTS
To boost the calorie content, cream can be added instead of milk. You can also boost the protein content by adding shredded rotisserie chicken.