

Fresh Carrot Soup

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This vibrantly colored, slightly sweet soup is creamy and delicious and easy to make. It reminds Chef Walter Whitewater of the wild carrots he used to harvest when he was a small child.

Ingredients: Soup

- **Olive oil cooking spray**
- **2 pounds carrots, peeled and sliced**
- **1 medium size white onion, diced**
- **1 teaspoon garlic, chopped (approximately 2 large cloves garlic)**
- **9 cups water (split use)**
- **2 large, sweet potatoes, peeled and diced (or frozen cubed)**
- **2 teaspoons fresh ginger, finely grated (or add more ginger to taste)**
- **1/3 cup golden (or regular) raisins**
- **1/2 teaspoon kosher or sea salt (or to taste)**
- **1 tablespoon chopped fresh parsley or other fresh herb or greens for garnish**

Ingredients: White Bean Purée Garnish

- **1 (15.5 ounce) can white cannellini beans (white kidney beans) drained and rinsed**
- **1 teaspoon lime juice**
- **1 tablespoon fresh ginger, finely grated**
- **1/2 teaspoon kosher salt (or to taste)**

Directions: Soup

1. Spray the olive oil in the bottom of the soup pot and heat over medium heat.

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(Carrot Soup continued.)

2. Add onion and cook for several minutes until the onion is clear. Add garlic and cook for an additional minute stirring to prevent burning.
3. Add carrots, potatoes, ginger, and raisins, stirring occasionally, for 5 to 10 minutes, until carrots begin to cook.
4. Stir in 6 cups of water. Cover, cook on low to medium heat, stirring occasionally, until vegetables are tender (approximately 45 minutes).
5. Put $\frac{1}{2}$ of the cooked mixture into a blender with one cup of the remaining water and process until smooth. Add an additional cup of water, to the remaining soup mixture, blend again, until you reach the desired thickness. If more water is necessary, add in small amounts, then blend. Add salt. Taste to see if more ginger should be added. If the blender doesn't purée all the ingredients to a smooth consistency, run the mixture through a strainer before serving.

Directions: White Bean Puree Garnish

1. Place White Bean Puree Garnish ingredients into a blender and blend for several minutes until smooth.
2. Pass through a strainer and pour into a plastic squirt bottle and paint on top of soup or, using a spoon, place a dollop of the white bean purée on the top of the soup and swirl with a spoon to spread it.
3. Garnish soup with the parsley or other herbs.

Serve the soup hot, garnished with White Bean Puree.

Makes 3 quarts which serves approximately 12 to 14 people, 3/4 -1 cup serving size.

