

Carrot Ginger Soup

Ingredients

5-6 Large Organic Carrots, Chopped

1 Large Onion, Diced

2 Cups Organic Vegetable Broth, Low Sodium

1 Tablespoon Fresh Ginger, Minced

2 Cups Water or More as needed

Directions

Place all ingredients in a medium to large saucepan , cover and cook until carrots are soft and tender. After it cools a bit puree in a blender. Enjoy!

Nutrition Facts

1 Cup = 90 calories