

## Carrot Ginger Soup

A healthy, comforting soup.



### INGREDIENTS:

1/4 cup chopped onion  
2 cloves garlic, minced  
1 inch fresh ginger, peeled and minced  
4 medium carrots, peeled and chopped into rounds.  
1 Granny Smith apple, peeled, cored and chopped  
1 potato, peeled and chopped  
4 cups vegetable stock  
Juice of 1/2 lemon

### DIRECTIONS:

1. Cook the chopped onion, garlic and ginger in 1 tablespoon olive oil for about 4 minutes.
2. Add carrots, apple, potato and vegetable stock. Let simmer for 20 - 30 minutes, stirring occasionally.
3. Puree soup until smooth.
4. Before serving, season with salt and pepper, and drizzle with lemon juice to taste.



*Innovating primary care, leading as a Patient-Centered Medical Home.*