

Cozy Carrot–Ginger Soup



INGREDIENTS:

1 tablespoon olive oil
½ yellow onion, chopped
½ teaspoon salt
3 garlic cloves, diced
or smashed
1 pound carrots, chopped
1 teaspoon grated
fresh ginger
1 tablespoon apple
cider vinegar
3 cups vegetable broth
(or water)
black pepper

INSTRUCTIONS:

1. Heat the oil in a large pot over medium heat. Add the onions, salt, and pepper and cook for about 8 minutes, stirring every now and then. Add the garlic and carrots and cook for another 8 minutes, still stirring on occasion.
2. Add the ginger, vinegar, and broth and bring to a boil. Reduce heat and simmer for about 30 minutes.
3. Let soup cool slightly and then blend until it's creamy and smooth.
4. Enjoy!

