

GINGERY CARROT SOUP

Sweet, creamy, and a little bit spicy, this soup is a blank canvas for practicing your garnishing skills.

 **SAFETY**

Uses a knife
Uses the stovetop

 **DIFFICULTY**

Intermediate

 **TIME**

40 minutes

 **YIELD**

Serves 1 to 2
(Makes 2 cups)

● This soup is the perfect blank canvas to practice your garnishing skills. Mix 3 parts plain yogurt with 1 part milk to make a creamy sauce with the right consistency for drizzling. Use a squeeze bottle (super fancy) or small spoon to add the sauce to your bowl of soup. You can also sprinkle soup with minced cilantro and a few croutons.

PREPARE INGREDIENTS

1 **tablespoon** vegetable oil

8 **ounces** carrots, peeled and cut into 1-inch pieces

1 **(1-inch) piece** fresh ginger, peeled and chopped

● See “Food for Thought” at the bottom of this page to learn how to peel and chop ginger.

¼ **teaspoon** salt

1⅓ **cups** chicken or vegetable broth

⅓ **cup** milk

GATHER COOKING EQUIPMENT

Large saucepan with lid

Wooden spoon

Oven mitts

Ladle

Blender

Dish towel

1 **or 2** bowls or mugs



YOUR NOTES:

1

1 tablespoon vegetable oil

8 ounces carrots, peeled and cut into 1-inch pieces

1 (1-inch) piece fresh ginger, peeled and chopped

¼ teaspoon salt

In large saucepan, heat oil over medium heat for 1 minute (oil should be hot but not smoking). Add carrots, ginger, and salt and cook, stirring occasionally with wooden spoon, until lightly browned, about 5 minutes.

2

1½ cups chicken or vegetable broth

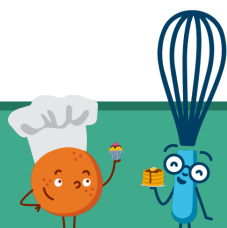
Stir in broth, increase heat to high, and bring to boil. Reduce heat to medium-low, cover, and simmer until carrots are very soft, about 15 minutes. Turn off heat and slide saucepan to cool burner. Use oven mitts to remove lid and let cool for 5 minutes.

3

Use ladle to carefully transfer carrots and liquid into blender jar (liquid will be hot; ask an adult for help). Add milk. Place lid on top of blender and hold lid firmly in place with folded dish towel. Process until smooth, about 1 minute. Pour soup into bowls or mugs and serve.



Make sure to hold the lid firmly in place with a folded dish towel—no one wants soup on the ceiling!



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KIDS NEWSLETTER**

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