

Carrot-Ginger Soup

Fresh ginger adds a bit of bite to this creamy golden soup, the perfect starter for a holiday dinner.

Servings: Makes 6 servings

Ingredients

1 tablespoon unsalted butter

1/2 ounce fresh ginger root, peeled, chopped

2 large shallots, peeled and chopped

zest of 1/2 orange, butter white pith removed, finely minced

1 pound carrots, peeled, cut in 1/2-inch pieces

3 cups low salt chicken stock

1/2 cup orange juice

1/4 cup half & half

Instructions

1. In a Cuisinart® MultiClad 3-3/4-quart saucepan, melt butter over medium heat. Add ginger, shallots and zest; cook, stirring frequently, until vegetables are translucent, about 3 to 5 minutes. Add carrots; cook 2 to 3 minutes longer. Add chicken stock and orange juice. Bring to a boil, then reduce heat to low. Cover and cook until carrots are very tender, about 25 to 30 minutes.
2. Drain vegetables, reserving cooking liquid. Place vegetables and 2 cups of the liquid in the blender jar of the Cuisinart® SmartPower Blender/Food Processor. Cover and blend on Liquefy, until smooth and creamy, about 40 seconds. Return puréed vegetables and reserved cooking liquid to saucepan. Over low heat, add half & half; stir to blend and heat through. This soup may be served hot or chill in refrigerator and serve as refreshing cold soup during warmer weather.

Nutritional information per serving:

91 calories (34% from fat) • carb. 13g • pro. 3g • fat 4g • sat. fat 2g • chol. 9mg • sod. 313mg • calc. 46mg • fiber 2g

Use these Cuisinart products to prepare this recipe:
-BFP-703BK SmartPower Duet® Blender / Food Processor
-MCP193-183 Qt. Saucepan