



A Recipe from the

## CARROT SOUP WITH GINGER AND LEMON

*Courtesy of Twin Springs Fruit Farm*

Servings:6

### Ingredients

- 1/4 cup (1/2 stick) of butter
- 1 & 1/2 cups coarsely chopped TSFF onion
- 1 Tbs. finely chopped peeled ginger
- 1 & 1/2 tsp. minced or pressed TSFF garlic
- 1 & 1/4 lbs. TSFF carrots (try our earthy White Satin), not peeled, only scrubbed and chopped (about 3 cups)
- 2 tomatoes, chopped but not seeded., (TSFF's, whether fresh or perhaps you froze or canned some last summer)
- 1 & 1/2 tsp. grated lemon peel
- 3 cups, or more, chicken or veggie stock, or canned low salt broth
- 2 Tbs. fresh lemon juice
- 4 Tbs. sour cream
- 1 small carrot, scrubbed and grated for garnish

### Directions

- Melt butter in a heavy large pot over medium-high heat.
- Add onion; sauté 4 minutes.
- Add ginger and garlic; sauté 2 minutes.
- Add chopped carrots, tomatoes and lemon peel; sauté 1 minute.
- Add 3 cups stock and bring to a boil. Reduce heat, cover partially and simmer until the carrots are very tender, about 20 minutes. Cool slightly.
- Puree soup with an immersion blender, (or if you prefer, do it in a food processor or standard blender in small batches.)
- Return soup to pot, mix in lemon juice and season with salt and pepper.
- This soup may be made a day ahead, just cover and chill.
- Bring soup to a simmer, thinning with more stock if desired; adjust seasoning if desired.
- Ladle into bowls and top each one with sour cream and grated carrot.