Carrot, mint & ginger soup

Traffic light category: Green
Serves: 17 (250mL serve)

WASCA staff have soup club in winter, each week someone brings a soup to share, here we are enjoying this recipe!

Ingredients

- 4 tablespoons polyunsaturated margarine
- 2 onions, chopped
- 2 tablespoons fresh ginger, grated
- 2 cloves garlic, minced
- 1.5 litres salt reduced vegetable stock
- 2 kg carrots, peeled and chopped
- 4 tablespoons fresh mint, chopped
- Reduced fat yoghurt or sour cream to serve

Method

1. Heat margarine in a large heavy-based saucepan. Sauté onion, ginger, garlic and carrot over medium heat for 5-10 minutes, or until the onion has softened
2. Add stock, bring to the boil, then reduce the heat and simmer for 10-15 minutes, or until the carrot is tender
3. Process the soup in batches in a blender or food processor until smooth (or blend in the pot using a hand held blender to save on washing!). Return to the saucepan and add a little more stock or water to thin the soup to your preferred consistency
4. Stir through mint, reheat and serve.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	357kJ	145kJ
Protein	2.1g	0.8g
Total fat	2.8g	1.1g
Saturated fat	0.8g	0.3g
Carbohydrate	10.4g	4.2g
Sugars	9.5g	3.8g
Dietary fibre	4.9g	2.0g
Sodium	316mg	128mg

Supporting healthy choices

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