

## CARROT GINGER SOUP

From: [Eating Close to Home](#) (2008/2009 Edition), by Elin Kristina England  
(ISBN 978-2-578-00069-5)

With comments by Denise-Christine ([The Suburban Ecovillage Project](#))

2 lb. Carrots  
4 C Water  
1 Tbsp Butter (Vegans can use coconut oil, peanut oil, or margarine)  
1 Large Onion, chopped  
2 Cloves Garlic, minced  
2 Tbsp Fresh Ginger, grated or minced  
1½ tsp Salt  
¼ tsp Ground Fennel Seed  
¼ tsp Ground Cinnamon  
¼ tsp Ground Allspice  
1 C Coconut Milk  
½ C Roasted Cashews, chopped (optional)

Peel, trim and cut the carrots into 1-inch chunks. In a large pot, add the Carrots to the Water, cover and bring to a boil. Lower heat and simmer for 10 to 15 minutes, until soft. Meanwhile, in a frying pan, melt the butter and sauté the Onion over low heat until they begin to soften, about 10 minutes. Add the Garlic, Ginger, Salt and Spices. Sauté another 10 minutes or so. Add the onion mixture, as well as the Coconut milk, to the pot with the carrots. Add Cashews (if using). Remove from heat. When it has cooled slightly, put the soup through a food mill, food processor or blender until smooth. Gently reheat before serving.

### Denise's Notes:

Once upon a time, we enjoyed the occasional box of Pacific "Natural" soups. Until we found out that they contain SUGAR!! (Disgusting!) Thank goodness I found this recipe, in a cookbook by local Eugene author Elin England, of Elkdream Farm. Being a meddler, I thought about substituting some broth or milk for the water, but decided to try it as published, first. No need for such enhancements. This soup ROCKS, just as it is. Rich and satisfying. By adding a ½ cup of Roasted Cashews, you can recreate Pacific Naturals Ginger Carrot Cashew soup—for half the price and **no sugar!**

I suspect this would also make a great summer soup, served cold (if you like cold soups).