

Our State eats

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Fresh Carrot & Ginger Soup

Yield: 4 servings.

- 2 tablespoons extra-virgin olive oil
- 1 large sweet onion, chopped
- 1 teaspoon salt, plus more to taste
- ½ teaspoon white pepper, plus more to taste
- 3 cloves garlic, smashed
- 10 medium carrots (about 1½ pounds), peeled and chopped
- 2 teaspoons fresh ginger, grated
- 2 tablespoons balsamic vinegar
- 4 cups vegetable broth
- ½ cup plain Greek yogurt (optional, for garnish)
- 4 teaspoons maple syrup (optional, for garnish)

Heat olive oil in a large pot over medium heat. Add onion, salt, and pepper. Cook, stirring occasionally, until onion is translucent, about 8 minutes. Add garlic and carrots to the pot and cook about 8 minutes more, stirring occasionally.

Stir in ginger, then add balsamic vinegar and broth. Reduce to a simmer, cover,



and cook until the carrots are soft, about 30 minutes.

Let soup cool. Add salt and pepper to taste. Transfer soup to a blender or use an immersion blender to blend until

smooth. Pour blended soup back into the pot and simmer until ready to serve. Depending on preferred consistency, add additional broth or water if soup is too thick. Add a dollop of yogurt and a drizzle of maple syrup, if desired.

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