

Carrot Ginger Soup

1 Tbs canola oil
4 medium onions, sliced
1 inch piece fresh ginger
8 cups vegetable stock
8 large carrots roughly cut
2 tsp salt
1/2 tsp freshly ground pepper

Heat canola oil in large pot over low heat, and sauté onions until translucent. Mince ginger, add to onions, and sauté for an additional 2 minutes. Increase heat. Add stock and carrots, simmer over medium heat until carrots are tender. Season with salt and pepper. Purée.

Variation: Reduce the vegetable stock by half and replace remaining half with orange juice, apple juice, ginger ale, or sparkling cider.