

# Carrot Soup With Carrot Top Pesto

**Yield: 3 to 4 servings**

## Ingredients

1 tablespoon extra-virgin olive oil  
 1 cup chopped yellow onions  
 Salt and pepper to taste  
 3 garlic cloves, smashed  
 2 heaping cups chopped carrots  
 1½ teaspoons grated fresh ginger  
 1 tablespoon apple cider vinegar or freshly squeezed orange juice  
 3 to 4 cups vegetable broth  
 1 teaspoon maple syrup or to taste (optional)  
 Coconut milk for garnish (optional)  
 Carrot top pesto (see separate recipe)

## Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onions and a generous pinch of salt and pepper and cook until softened, stirring occasionally, about 8 minutes.
2. Add the smashed garlic cloves (they'll get blended later) and chopped carrots to the pot and cook about 8 minutes more, stirring occasionally.
3. Stir in the ginger, add the apple cider vinegar and then add 3 to 4 cups of broth, depending on your desired consistency. Reduce to a simmer and cook until the carrots are soft, about 30 minutes.
4. Let cool slightly and transfer to a blender. Blend until smooth. Taste and adjust seasonings. Add maple syrup, if desired.
5. Serve the soup with the pesto on the side. Garnish with a drizzle of coconut milk, if desired.

## Nutrition Information

**Serving Size:** ¼ of soup  
 Calories: 90  
 Total Fat: 3.6 g  
 Saturated Fat: 0.5 g  
 Monounsaturated Fat: 2.5 g  
 Polyunsaturated Fat: 0.5 g  
 Sodium: 145.7 mg  
 Total Carbohydrate: 13.8 g  
 Dietary Fiber: 3.2 g  
 Sugars: 7.1 g  
 Protein: 1.2 g

Source: Love and Lemons. Jeanine Donofrio



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