

## Carrot Ginger Soup Recipe, Curried Carrot Soup With Ginger

Try this Curried Carrot Ginger Soup Recipe – it is delicious, nutritious and very easy to cook. The carrot and ginger soup is low in calories and fat and you can enjoy it with crusty wholemeal bread. This Curried Carrot Soup can be served as warm and cold carrot soup.

### 4 Servings (as a starter)

**Preparation time:** 10 min

**Cooking time:** 15 - 20 min

### Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 450g (1 lb) carrots, peeled and chopped
- 1 small parsnip, peeled, chopped
- 5 celery stalks, chopped
- 30 g (1 oz) root of ginger, peeled and chopped
- 2 tbsp curry powder
- 1 litre (2 pint) hot, low salt vegetable stock
- 4 tbsp low fat yogurt to garnish
- Coriander leaves, chopped to garnish



### How to Make Curried Carrot and Ginger Soup

1. Heat olive oil in a large pan over medium heat, add onion and cook until the onion is translucent. Add curry powder, ginger, carrots, parsnips, leek and cook for a few minutes before adding vegetable stock (add as much stock just to cover the vegetables). Cook until vegetables are tender.
2. Pour the content of the pan into a food processor or blender and whiz until smooth adding seasoning and freshly ground black pepper to taste and more vegetable stock if needed.
3. Dish up into warm bowls garnished with yogurt and coriander leaves.

## Carrot Ginger Soup Nutrition Facts

Nutritional information	
Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b> 141	Calories from Fat 41
	% Daily Value *
<b>Total Fat</b> 4.6g	7%
Saturated Fat 1g	5%
Monounsaturated Fat 3g	
Polyunsaturated Fat 0.5g	
Trans Fat 0g	
<b>Cholesterol</b> 2g	1%
<b>Sodium</b> 111mg	5%
<b>Potassium</b> 395mg	8%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 7g	28%
Sugars 7g	
<b>Protein</b> 3g	
Vitamin A	185%
Vitamin B-12	3%
Vitamin B-6	10%
Vitamin C	20%
Vitamin D	0%
Vitamin E	5%
Calcium	12%
Copper	5%
Folate	10%
Iron	10%
Magnesium	9%
Manganese	19%
Niacin	4%
Pantothenic Acid	5%

Phosphorus	10%
Riboflavin	8%
Selenium	4%
Thiamin	7%
Zinc	4%
<p>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. The information provided here is approximate and does not include: possible substitutions, optional ingredients and ingredients to taste. How did we calculate it?</p> <p>Read more: <a href="#">Nutritional Value of Food and Recipes Guidelines</a></p>	