

Sweet Potato Carrot Ginger Soup

Serves 6

From *The New Glucose Revolution Life Plan*



INGREDIENTS

2 lbs sweet potatoes	2 lbs carrots	1 large onion
2 cloves garlic	1-½ tsp lemon zest	1-½ tsp lemon juice
6 oz fat-free evap milk	2/3 cup water	1 cup stock (chicken or vegetable)
1 Tbsp fresh grated ginger	cilantro	salt and pepper (to taste)

DIRECTIONS

1. Peel the sweet potatoes and carrots. Cut them into large pieces.
2. Peel and quarter the onion.
3. Peel and coarsely chop the garlic.
4. Place the sweet potato, carrots, onions, garlic, lemon zest, and stock into a large saucepan or stockpot. Simmer until the vegetables are soft.
5. Remove the lemon zest.
6. Add the evaporated milk, lemon juice, water and ginger. Cook for another 5 minutes.
7. Puree the soup until smooth. Season to taste with salt and pepper.
8. Garnish with cilantro and serve hot with slices of oat bran bread and a side salad.

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