



CARROT & GINGER SOUP

INGREDIENTS

- 18 Large carrots, grated
- 1 Large red onion, chopped
- 2 Large potatoes, grated
- 3 Tablespoons fresh ginger, grated
- 3 Tablespoons cilantro, chopped
- 2 Quarts chicken stock
- 1½ Sticks of butter
- 1 Teaspoon cinnamon
- ½ Teaspoon mixed spices
- 1 Cup milk
- 1 Quart water
- Salt & pepper to taste

INSTRUCTIONS

1. Melt butter in heavy cooking pot
Add onions, saute until tender
Add carrots, stir until carrots turn yellow
Cover and cook on medium heat for 5 minutes
2. Add potatoes and ginger, stir until tender
Cover and cook on medium heat for 5 minutes
3. Stir in chicken stock
Reduce heat and simmer for 20 minutes
4. Add mixed spices and cinnamon
Cover and let soup come to a boil for 5 minutes
5. Stir in milk
Salt and pepper to taste