Carrot Ginger Soup

Serves 6

INGREDIENTS

- 2 tbsp. butter
- 1 small yellow onion, diced
- 2 lbs. carrots, peeled and cut into 1-inch pieces
- 1–2 garlic cloves, roughly chopped
- 1 tbsp. ginger, peeled and chopped
- 1/2 tsp. ground turmeric
- 6 cups chicken broth
- Salt and pepper to taste

According to the American Academy of Ophthalmology, eating foods rich in antioxidants like beta carotene and vitamin C may reduce the risk of age-related macular degeneration (AMD), and carrots are an excellent source of both.

STEPS

1. Heat butter in a large pot over medium heat. Add the onions; cook 5 minutes, stirring frequently.
2. Add carrots, garlic, ginger and turmeric, cook 3–5 minutes, stirring frequently.
3. Add chicken broth to the pot and raise the heat to high; bring the liquid to a boil.
4. Lower heat to medium and cover the pot. Cook soup for 45–50 minutes or until the carrots are very tender and can be easily mashed when pressed with a fork.
5. Remove pot from heat. Process soup with an immersion blender in the pot (you can also use a blender to process—remember to never fill a blender to the top with hot liquid, process in batches).
6. Taste the soup and add salt, if needed and fresh ground black pepper.

Source: American Academy of Ophthalmology & Cook2EatWell