

The vibrant orange color of this soup is like sunshine in the bowl! It's simply delicious. The sweetness of the carrots, the bright citrus flavor of the oranges, and the mild zing of the ginger really shines. The creamy texture (without using actual cream) is lovely too.

## Ingredients:

- 2 tbsp vegetable oil
- 1 ½ lb. (680 g) carrots, peeled and chopped
- 1 medium onion, chopped
- 1 large celery rib, chopped
- 2 garlic cloves, sliced
- 2-inch fresh ginger, sliced
- 1 tbsp orange zest
- 1 cup fresh orange juice (about 2 large navel oranges)
- 4 cups vegetable broth (low sodium)
- Salt and pepper, to taste

Optional toppings:

- ¼ cup whipped coconut cream (or sour cream, or plain yogurt if not vegan)
- ¼ cup fresh parsley (or cilantro), chopped



## Instructions:

1. In a large saucepan, heat vegetable oil over medium heat and then add the carrots, onion, celery, garlic, ginger, salt and

- pepper. Stir occasionally, until onions soften and take on a golden color, about 3-4 minutes.
2. Stir in vegetable broth and orange zest. Bring to a boil, cover and simmer for 20 minutes or until carrots are fork tender.
  3. Remove from heat and, using an immersion blender \*(see first note), blend the soup until smooth or to your desired consistency.
  4. Stir in orange juice and season with additional salt and pepper if you like. Divide into bowls and stir in coconut cream and top with parsley or cilantro if you like. Serve immediately or warm.
  5. INSTANT POT INSTRUCTIONS: In the Instant Pot, add oil and sauté carrots, onions, celery, garlic, ginger, and salt and pepper, until onions soften. Stir in broth and orange zest. Seal with the lid and set to high pressure ("manual"/"pressure cook" function) for 6 minutes. Allow natural release for at least 5 minutes before applying a quick release. Puree soup until smooth. Stir in orange juice and season with more salt and pepper if necessary. Top with optional ingredients if you like.

## Nutrition:

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>
<b>Amount per</b>	347 g	<b>Total Fat</b> 4.8g	7%	<b>Total Carbohydrates</b> 19g	6%
1 serving (12.2 oz)		Saturated 3.7g	19%	Dietary Fiber 4g	16%
<b>Calories</b> 119		Trans Fat 0g		Sugars 10g	
From fat 42		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 2g	3%
<i>HappyForks.com</i>		<b>Sodium</b> 701mg	29%	<b>Vitamin A</b> 394% • <b>Vitamin C</b> 35%	
		<b>Calcium</b> 5% • <b>Iron</b> 3%			

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe source <https://www.yayforfood.com/recipes/vegan-carrot-orange-ginger-soup>