



# Carrot Ginger Soup

*from Wild Oats Market*

½ medium butternut squash

1 onion, diced

3 cloves garlic, crushed

fresh ginger (2" piece) peeled, thinly sliced

1 pinch ground cinnamon

2 tbsp olive oil

1lb carrots, peeled and diced

4 cups water

Salt and pepper to taste

¼ cup heavy cream (optional)

Preheat oven to 350°. Scoop seeds out of the butternut squash and place cut-side down on a greased baking sheet. Bake for 30-40 min., or until softened. Cool and scoop the squash flesh out of the skin using a large spoon, set aside. Discard skin.

Heat olive oil in a large saucepan over medium heat. Add chopped onion and garlic, cook, stirring until onion is translucent. Add the water, squash, carrots and ginger. Bring to a boil and cook for 20 min. or until carrots and ginger are tender.





Puree the mixture in the blender or with an immersion blender. If using a blender, return soup to pan and heat through. Add cinnamon and season with salt and pepper to taste.

Ladle into serving bowls and pour a thin swirl of cream over the top as a garnish, if desired.

