

Carrot-Ginger Soup

Prep: 10 minutes Processing: 8 minutes Yield: 5 cups (1.2 liters)

3 Tablespoons (45 ml) olive oil
3 cups (380 g) chopped carrots
1 Tablespoon chopped yellow onion
1/3 cup (50 g) chopped parsnips
3 cups (720 ml) low-sodium vegetable vegetable broth
1 thin slice (5 g) fresh gingerroot
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
1 tablespoon snipped fresh chives

Place the olive oil, carrots, onion, parsnips, broth, ginger, salt, and pepper into the Vitamix container in the order listed and secure the lid.

Select Variable 1. Turn the machine on and slowly increase the speed to Variable 10, then to High. Blend for 8 minutes or until heavy steam escapes from the vented lid.

Serve garnished with the chives.

Amount per 1 cup (240 ml) serving: Calories 160, total fat 8 g, saturated fat 1 g, cholesterol 0 mg, sodium 290 mg, total carbohydrate 16g, dietary fiber 5 g, sugars 2 g protein 9 g

Source: The Vitamix cookbook. [Jodi Berg, President and CEO of Vitamix](#)