

Carrot Soup with Honey and Ginger

This is a large recipe for extra portions for freezing. You can halve the ingredients if you would like a smaller batch.

Ingredients

7.5 cups water or broth
1 cup butter
2 medium onions, peeled and thinly sliced
1.5 tablespoons grated ginger
Fresh ground pepper
2 1/4 teaspoons sea salt
2 1/2 pounds carrots, peeled and shredded
juice of 1 lemon
1/2 cup quality honey

Directions:

1. In a large stockpot, saute butter and onions over medium heat until the onions become translucent. Add the ginger.
2. Add the water or broth, bring to a boil.
3. Add the carrots, lemon juice, and honey.
4. Cook at a low boil until the carrots are tender.
5. Working in batches or with an immersion blender, puree the soup until smooth.
6. Add salt and pepper to taste.

This soup freezes well and tastes even better as leftovers!