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## VEGAN CARROT GINGER SOUP

### Fall in Love with This Rich and Velvety Soup!

Naturally Delicious Recipes • Janice Feuer-Haugen

#### Soup's On!

Shorter days of sunlight and cooler temperatures call for perfectly comforting, soul-satisfying, easy to make soup. Whether you're feeling cold or have a cold, a steaming bowl of aromatic soup both increases your sense of well-being and calms inflammation.

Fall's farmers' market carrots are now tasting exceptionally sweet and flavorful (thank you, frost). Along with a high-powered blender, such bright, sweet, deeply colored carrots make a rich, delicious and velvety-golden *Vegan Carrot Ginger Soup* to fall in love with.

Today's recipe makes a big batch. That way you'll have enough delicious soup to add a container to your freezer plus enough to enjoy as a quick meal or two throughout the week.



#### Kissed by the Frost

Root vegetables (i.e., carrots, beets, turnips, rutabagas, celeriac and parsnips), as well as leeks, and cruciferous vegetables (i.e., cabbage, kale, chard and Brussels sprouts) all become sweeter and tastier after being kissed by the frost.

To counter the potential freezing of the water inside these vegetables, they produce more sugar. This additional sugar helps them survive during lower temperatures without freezing. Plus, they become sweeter in the process. Nice.

A gardening note: if the ground freezes before you can harvest your root vegetables, do let them overwinter in the ground. As long as you pull the root vegetables up as soon as the ground thaws and before they begin growing their spring leaves, they'll be deliciously sweet and tasty.

#### Nutritional Feat: Carrots

- ♥ Reduce cholesterol levels and help maintain digestive health with significant amounts of dietary fiber
- ♥ Improve eye health with their beta carotene
- ♥ Regulate blood sugar, insulin and glucose due to the presence of carotenoids
- ♥ Lower blood pressure and stress on cardiovascular system as a rich source of coumarin and potassium
- ♥ Boost the immune system with both vitamins A and C

#### Fresh Ginger

- ♥ Alleviates symptoms of gastrointestinal stress and nausea
- ♥ Reduces inflammation through the active compounds *gingerol*, *shogaol* and *paradol*
- ♥ Stimulates digestion by increasing motility in the digestive system
- ♥ Lowers blood pressure with high potassium levels
- ♥ Regulates blood sugar by modifying the way the body processes carbohydrates

#### Buying & Storing Carrots

When available, purchase carrots with their greens still attached. The vitality of the greens shows the freshness of the carrots. When you get home from the market, cut the tops off before storing the carrots in the refrigerator. Otherwise, the greens pull both moisture and nutrients from the root, leaving the carrots limp. Store unwashed carrots in a resealable bag. And, for the best tasting carrots, enjoy them as soon as possible.

There's no need to peel organic carrots—just wash and scrub them well. Peeling carrots removes some of their nutrients, such as vitamin C, Vitamin B3 (niacin) and phytonutrients.

Recipe on next page...

## Making Stock

For the last few years, I've begun saving most of my vegetable trimmings in a bag in the freezer. Leek greens, parsley stems, celery tops, limp carrots, onion and garlic peels, garlic scape buds, etc. all make it into that freezer bag.

Then, whenever I want homemade stock, most of the ingredients are already in the freezer. With the addition of a couple of bay leaves, some peppercorns, a 4" piece of kombu (seaweed), smashed garlic, sprigs of fresh thyme, and water, a new pot of stock is on its way.

Simmer everything together for an hour. Strain, pressing out any remaining liquid from the solids. Stock can be stored in the refrigerator for up to 5 days, or frozen for up to 6 months.

NOTE: Adjust the stock ingredients according to how you will use the stock. For *Vegan Carrot Ginger Soup*, keep it clean flavored, i.e., no corn cobs, dried mushrooms, greens or other strongly flavored vegetables. This way, the flavor of the carrots and ginger come through loud and clear. ♥



Leeks, Garlic,  
Ginger, Salt



Soup stock



Carrots, apple,  
thyme & stock



## INSTRUCTIONS

**1)** Heat the oil in a heavy Dutch oven over medium-low. When hot, stir in the onion. Cover the pot and cook for 5 minutes.

**2)** Raise the heat to medium. Stir in the sliced leeks, finely chopped ginger, smashed garlic and salt. Cook about 5-7 minutes, stirring occasionally, until everything is tender but not browned.

**3)** Over high heat, stir in the carrots, apple, thyme sprigs and 11 cups of the vegetable stock. The stock should cover the carrots. Bring to a boil. Lower the heat to medium-low, partially cover the pot and simmer the soup until the carrots are tender, about 25 minutes.

**4)** Remove the thyme sprigs. Blend the soup in batches until very smooth. Add the remaining cup of stock at the very end to clean the blender jar of any soup clinging to its sides.

**5)** Transfer the blended soup back to the Dutch oven. Adjust the salt to your taste.

**6)** To maintain the silky-smooth texture, serve **Vegan Carrot Ginger Soup** ungarnished. Though, thinly sliced chives, chive flowers and/or thinly sliced scallions would provide a lovely color contrast. ■

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## Vegan Carrot Ginger Soup

- ▶ With carrots playing the starring role in this soup, choose the freshest, best-tasting carrots you can find.
- ▶ A food processor with a 4 mm slicing blade makes quick work of slicing both the carrots and the leeks.
- ▶ For the apple, consider a sweet-tart Pink Lady apple
- ▶ Naturally gluten-free.
- ▶ Stocks are unseasoned. Broths contain salt. And commercial broths often contain a lot of salt. If you are using a commercial broth (versus homemade stock), reduce the amount of salt in this recipe by half. Then adjust the salt to taste in Step 5.

Makes 15 cups

Active time: 50 minutes • Total Time: 1 ½ hours

## INGREDIENTS

- 1 tablespoon olive oil or coconut oil
- 1 medium (8 ounce) onion chopped into roughly ½-inch pieces (2 cups)
- 2 medium leeks, white and pale green parts only, sliced ¼-inch thick (3 cups) (save the dark green leaves for stock)
- ¼ cup peeled, finely chopped fresh ginger (1 ½ ounces)
- 3 medium garlic cloves, peeled and smashed
- 1 tablespoon sea salt
- 1 ¾ pounds carrots, sliced ¼ inch thick (7 cups)
- 1 large apple, peeled, chopped into roughly ½-inch pieces (2 cups)
- 12 cups unseasoned vegetable stock, preferably homemade (divided)
- 3 sprigs fresh thyme

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