

Healthy Balance Yogurt Carrot Orange Soup with Ginger, Curry and Garlic

Ingredients:

- 1 TBSP Olive Oil; 1 chopped onion
- 1 large minced clove of fresh garlic
- 1 1/2 " - 2" piece of ginger (minced)
- 4 cups peeled, sliced carrots
- 2 cups 25% less sodium chicken stock
- 2 cups of water
- 1 cup orange juice
- 2 tsp curry powder
- 1 cup plain yogurt (optional)
- salt & pepper to taste

garnish with chopped fresh parsley or chives or green onions or grated orange grind or fresh cilantro

Directions:

In large pot, heat oil over med heat; sautee onion, garlic and ginger, stirring for about 3 mins or until softened. Add carrots, chicken stock, water, orange juice and curry powder. Bring to a boil, cover and simmer for 45 - 60 mins, until carrots are tender. Let cool for 10 mins.

I used a hand blender and pureed soup right in the pot. You can also use a blender to puree soup in batches, then return to pot/saucepan. Blend yogurt into puree soup and cook over med heat, stirring for 5 mins or until heated through. Season with pepper and salt to taste. Ladle into bowls, sprinkle with garnish of choice! Enjoy!!

