



# Sweet Potato, Carrot and Ginger Soup

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Makes 6.6 servings

Serving: 6 oz

Protein per serving: 1.5 g

Calories per serving: 120

## Ingredients:

- 2 TBSP Olive Oil
- 1/3 c. Raw Onion, Diced
- 2 Carrot(s), Raw Carrot, Peeled and Diced
- 3 clove(s) Garlic, minced
- 1 TBSP Minced Ginger Root
- 2 TBSP Mirin Sweet Rice Seasoning
- 1 TBSP Rice Vinegar
- 305 g Sweet Potatoes, Peeled
- 3 1/2 c. Vegetable Broth
- 1 TBSP Cambrooke Chicken-Flavored Consommé & Seasoning, Dry
- 3 TBSP Bragg's Coconut Aminos
- 1 tsp Orange Zest
- 1/4 c. Orange Juice

## Instructions:

1. In a large saucepan, add the olive oil and heat over medium heat. Once the oil is ready, add the onions. Sauté until translucent, about 2 minutes. Add the diced carrots and sauté for three minutes. Now add the garlic and ginger and sauté for another two minutes. Make sure to stir constantly to prevent burning the garlic and ginger.
2. Add the mirin, rice vinegar, and sweet potatoes. Stir and cook for another three minutes. Add the vegetable broth, consommé seasoning, and coconut aminos. Bring to a simmer and cook until the carrots and sweet potatoes are fork tender. This should take about 30 to 40 minutes.
3. Remove pan from heat. Using an immersion blender, standard blender, or food processor, puree the soup until smooth. Return soup to pan. Add the orange juice and orange zest. Stir well. Season with salt and pepper as needed. Serve immediately.