

Creamy Carrot Vegetable Soup

Disney
Bunnytown

Ingredients:

- ✿ 1 teaspoon olive oil
- ✿ 1/2 cup onion, chopped
- ✿ 1 stalk celery, chopped
- ✿ 1 medium carrot, peeled and chopped
- ✿ 2 garlic cloves, chopped
- ✿ 1 1/2 cups cauliflower florets, chopped
- ✿ 3 cups water (more or less for desired thickness)
- ✿ 2 teaspoons fresh ginger, grated
- ✿ 1/2 cup fat-free sour cream
- ✿ Salt and pepper to taste



Directions:

1. Heat olive oil over low heat in a medium saucepan.
2. Add onions, celery, and carrot; sauté covered for 4 minutes.
3. Add garlic, cauliflower, water, and ginger and bring to a boil over high heat.
4. Reduce heat, cover, and simmer for 15-20 minutes; until vegetables are soft.
5. Remove from heat and let cool for 5 minutes.
6. Place in the work bowl of a food processor or blender and puree until smooth.
7. Add sour cream and blend.
8. Add salt and pepper to taste.

Makes 6 servings.

