



# Creamy Carrot Potato Ginger Soup



## Ingredients



- 1/4 cup olive oil or vegetable oil
- 2 onions, diced
- 1 clove garlic, minced (more to taste)
- 5 cups chicken stock, vegetable stock, or water
- 2 celery stalks, diced
- 3 cups carrots, diced
- 3 cups potatoes, diced
- 3 Tbsp. fresh ginger, minced
- 1 bay leaf
- Salt and pepper to taste

Yield: 6 servings  
Serving Size: 1 cup



## Directions



1. Sauté onions, celery, garlic and ginger in oil until tender.
2. Add stock/water, carrots, potatoes, bay leaf, and a pinch of salt.
3. Bring to a boil. Lower to a simmer until vegetables are tender, about 25 minutes.
4. Discard bay leaf and puree (blend) soup in blender or with an immersion blender.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Creamy Carrot Potato Ginger Soup



## Ingredients



- 1/4 cup olive oil or vegetable oil
- 2 onions, diced
- 1 clove garlic, minced (more to taste)
- 5 cups chicken stock, vegetable stock, or water
- 2 celery stalks, diced
- 3 cups carrots, diced
- 3 cups potatoes, diced
- 3 Tbsp. fresh ginger, minced
- 1 bay leaf
- Salt and pepper to taste

Yield: 6 servings  
Serving Size: 1 cup



## Directions



1. Sauté onions, celery, garlic and ginger in oil until tender.
2. Add stock/water, carrots, potatoes, bay leaf, and a pinch of salt.
3. Bring to a boil. Lower to a simmer until vegetables are tender, about 25 minutes.
4. Discard bay leaf and puree (blend) soup in blender or with an immersion blender.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips

- Use dry ginger if you don't have fresh ginger. But be careful! Dry ginger is a lot stronger. Start with 3/4 tsp. dry ginger and add more if necessary.

## Nutrition Facts

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 0.54mg	<b>4%</b>
Potassium 188mg	<b>4%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



## Cooking Tips

- Use dry ginger if you don't have fresh ginger. But be careful! Dry ginger is a lot stronger. Start with 3/4 tsp. dry ginger and add more if necessary.

## Nutrition Facts

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 0.54mg	<b>4%</b>
Potassium 188mg	<b>4%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Second Harvest is an equal opportunity provider.