RECIPE

Carrot ginger soup with white beans

A smooth carrot and ginger soup for lunch, made creamy with white beans instead of cream, with about 380 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

1 h 10 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, chopped
- [ ] 1 tsp garlic powder
- [ ] 8 medium carrots (about 1 lb 1 oz), peeled and cut in 1-inch chunks
- [ ] 2 tbsp grated fresh ginger
- [ ] 1 tsp ground cumin
- [ ] 1 ½ cups no-salt-added great northern beans, drained and rinsed
- [ ] 4 cups water
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 2 tbsp lemon juice

Method

1. Heat the oil in a big pot over medium heat. Cook the onion for 6 to 8 minutes, until soft and just turning gold.
2. Stir in the ginger, garlic powder and cumin. Cook 1 minute, until it smells warm and strong.
3. Add the carrots, the beans, the salt and 4 cups of water. Bring to a boil, then turn the heat down to a steady simmer with the lid on.
4. At 5,300 ft water boils near 203 °F, so the carrots take about a quarter longer than at sea level: simmer 35 to 40 minutes, until a chunk of carrot mashes against the side of the pot with no push.

5. Take the pot off the heat and let it cool for 10 minutes. Blend with an immersion blender until smooth, or in batches in a blender with the lid vented and a towel over it. The beans make it creamy with no cream.

6. Stir in the pepper and lemon juice. Add a little hot water, ¼ cup at a time, if it is too thick to pour off a spoon. Bring to a boil again if it cooled, and serve hot.

7. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F. Freezes in 2-cup tubs for 3 months; thaw overnight in the fridge.