



# Carrot Ginger Soup with Sweet Ginger Croutons

25 min prep, 50 min cook, 4-6 servings  
vegetarian

## Soup

- 4 Tablespoons unsalted butter
- 2 shallots, minced
- 1 Tablespoon ground coriander
- 4 cups vegetable stock
- 1 ½ pounds carrots, peeled and cut in ½-inch chunks
- 2 small parsnips, peeled and cut in ½-inch chunks
- 2 Tablespoons **The Ginger People** grated ginger
- 2 Tablespoons **The Ginger People** ginger juice
- ½ cup heavy cream
- Salt and pepper to taste
- Crème fraiche (for garnish)
- Cilantro leaves (for garnish)
- Chives, snipped (for garnish)

## Croutons

- 2 Tablespoons unsalted butter
- 2 Tablespoons **The Ginger People** ginger spread
- 3 thick slices French bread (¾ -inch), cut into cubes (about 4 cups)

## Instructions

1. Preheat oven to 350° F.
2. Melt butter in heavy saucepan over medium heat. Add shallots and ground coriander. Sauté for two minutes.
3. Add stock, carrots, and parsnips. Bring to a boil, then reduce heat to simmer. Cover and simmer until vegetables are tender, about 20-30 minutes.
4. See below to prepare your croutons.
5. Stir grated ginger and ginger juice into vegetable mixture.
6. Puree mixture until smooth with a hand-held blender, or in batches in a blender or food processor.
7. Return soup to saucepan; add cream and heat through.
8. Garnish soup with crème fraiche, fresh cilantro, chives, and top with Sweet Ginger Croutons.

## Croutons

1. Stir butter and ginger spread in a large saucepan on medium heat, just until melted.
2. Add bread cubes, and toss to coat. Spread on a baking sheet.
3. Bake croutons for 15 minutes, or until crisp. Check and stir several times to prevent burning.