

Creamy Carrot Soup



INGREDIENTS

- 2 tsp. dark sesame oil
- 1/3 cup sliced shallots
- ½ kg carrots, peeled and cut into 2-inch pieces
- 1/4 kg pumpkin
- 2 cups fat-free, low-sodium organic chicken broth or vegetable broth or water
- 1 tsp. grated peeled fresh ginger
- 1/2 cup plain Greek yogurt
- 8 fresh mint sprigs
- Salt and peper for taste

DIRECTIONS

- Peel and chop carrots and pumpkin and boil until tender (can pressure cook for 7-10 minutes)
- Add broth / water and blend in mixer for required consistency
- Heat oil in a medium saucepan over medium heat. Add shallots to pan; cook 2 minutes or until almost tender, stirring occasionally. Add ginger and pureed carrot soup
- Spoon soup into small bowls, and top with plain yogurt and fresh mint sprigs