

# Guy Fieri

Courtesy Guy Fieri

## GINGER CARROT SOUP

2 pounds carrots, peeled and chopped into even pieces  
1 medium russet potato, peeled and chopped  
1 cup chopped sweet onion  
2 tablespoons olive oil  
1/2 teaspoon salt  
1 tablespoon ginger, minced  
1 tablespoon garlic, minced  
4 cups chicken stock or vegetable stock for vegetarian version  
1 1/3 cup plain yogurt  
1 teaspoon honey  
1/4 cup pine nuts, toasted  
1 teaspoon minced fresh thyme  
1/2 teaspoon black pepper, fresh cracked

In a heavy Dutch oven, (prefer porcelain covered cast iron), over medium high heat, add the olive oil and the sweet onions. Sprinkle with salt and sweat for 10 minutes, until just starting to caramelize. Add in the garlic and ginger and sauté a 2 minutes more, careful not to burn. Add in the carrots, potatoes and the chicken or vegetable stock. Bring to a simmer, cover and cook 15-18 minutes or until carrots and potato is very tender. Hold warm.

In a small sauté pan, over high heat, lightly toast the pine nuts and set aside to cool.

In a small bowl, combine the yogurt and the honey.

With a stick blender, puree the carrot mixture and gradually add in the pine nuts and the yogurt mixture. Adjust seasonings with salt and pepper to taste. Serve immediately. (You can prepare the soup up until the nuts and yogurt additions and hold for 3-4 days under refrigeration)

Yield: 8 servings  
Prep time: 10 minutes  
Cook time 20 minutes  
Active time: 35 minutes  
Ease of preparation: easy



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