

# Carrot and Ginger Soup

- 1 kg Carrots roughly chopped
- 1 brown Onion roughly diced
- 2 cloves Garlic crushed
- 1 x 5cm piece of Ginger chopped

Brown onion, garlic and ginger.  
Add carrots and 2 tablespoons water.  
Cook as for normal veggies. i.e. bring to green or whistle.  
Let stand 10 minutes.  
Using stick blender, add up to 4 cups of water/stock to desired thickness.  
Bring back to heat and serve with a swirl of sour cream and a sprig of coriander.