

## **Carrot and Orange Soup**

( Recipe By Radha Sukhani)

### **Ingredients:** Servings 4-5

- One pound carrots peeled and sliced into one inch wheels
- Two to three green onions with green stems chopped coarsely
- Four cups of water.
- Two oranges- take out the juice after scrapping l their rind
- One inch piece of ginger
- Half teaspoon freshly grated nutmeg
- One tablespoon ghee, butter or sesame oil
- Salt to taste

### **Garnish**

- One carrot grated carrot
- Toasted walnut pieces or peanut pieces
- Fresh Mint leaves

### **Directions**

- Heat the ghee, butter or sesame oil in a large pan
- Put the chopped green onions and carrot slices, and ginger pieces, stir for 3-5 minutes.
- Add 4 cups of water, cover and cook until carrots are little soft but not mushy
- Add the orange rind and cook for ten more minutes until carrots are soft.
- Cool the carrot mixture and blend until smooth.
- Pour it back in the pan and wait until ready to serve.
- When ready to serve, heat the mixture to a boil, add orange juice and nutmeg powder.
- Pour into the serving bowls and put the garnish