

From Eileen : 12-02-2021 (a palindrome)

I've been souping it up since I'm back, and one soup I made was really nice and simple. It's a carrot ginger soup. It's cooked but maybe it can be made raw as well, although I'm sure it would affect the taste. The below makes about 6 cups. Here it is:

- 5 Carrots
- 2 celery stalks
- 1 small/medium onion
- 1 small chunk of ginger, about 1 sq. inch
- 2 tbs olive oil
- 3 cups stock (I used "Better Than Bouillon" organic vegetable paste from Costco).

Cut up all the vegetables into reasonable size pieces. Cut up the ginger into small pieces. Braise all the vegetables and ginger (low to moderate heat) in the olive oil for about 10 minutes. Add the stock, cook until the vegetables are somewhat soft. Pour the whole mixture into a vitamix or other powerful blender and mix until smooth. Ready to eat.

There's a lot of carrot ginger soup recipes on the net, but most have butter and cream. I adapted this from several of them. I thought this tasted great as is.

Here's the second; a juice recipe. Makes two 8 to 10 oz glasses.

- 5 carrots
- 2 celery stalks
- 1 small beet
- 1 small apple
- bunch of spinach (you can substitute another green, I used beet greens)
- small piece of ginger

The amount of ginger in the picture was a bit much; next time I'll use about half.