



Gingery Carrot and Tomato Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes diced canned (fire-roasted preferred)
- 1.5 pounds carrots trimmed peeled sliced (6 large)
- 0.3 teaspoon paprika smoked hot
- 4 cloves garlic minced
- 1.5 tablespoons ginger minced
- 2 teaspoons soy sauce low-sodium (or wheat-free tamari)
- 1 large onion chopped
- 1 teaspoon tahini

3 cups vegetable stock

Equipment

pot

blender

kitchen towels

Directions

Heat a large, non-stick pot and add the onions. Cook, stirring often, until they soften. (If they start to stick, add water by the tablespoon.)

Add the garlic and ginger and cook for another minute.

Add 3 cups of the vegetable broth, carrots, and pepper or paprika. Bring to a boil, reduce heat, cover and cook until the carrots are tender, about 20 minutes.

Add the remaining ingredients, EXCEPT tahini.

Transfer half of the soup to a blender. Leave the top ajar (or remove the center cup from the Vitamix) and cover with a kitchen towel to allow steam to escape. Blend, beginning on low and increasing to high speed, until soup is completely smooth.

Pour into another pot and repeat with the remaining soup. Simmer, covered, on very low heat for at least 20 minutes to allow flavors to blend. (The soup tastes better the longer it cooks, so if you have the time, give it longer.) If it seems too thick, add additional vegetable broth. Stir in the tahini, check seasonings, and add salt or additional red pepper to taste. Cook for another minute or two before serving hot, garnished with spiralized carrots, if you like.

Nutrition Facts

 PROTEIN 11.19%  FAT 8.36%  CARBS 80.45%

Properties

Glycemic Index:36.14, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:13.504347780476%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:

5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 94.79kcal (4.74%), Fat: 0.97g (1.49%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 15.93g (5.79%), Sugar: 10.52g (11.68%), Cholesterol: 0mg (0%), Sodium: 700.6mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin A: 19384.14IU (387.68%), Fiber: 5.06g (20.24%), Vitamin C: 15.59mg (18.9%), Manganese: 0.37mg (18.28%), Potassium: 626.99mg (17.91%), Vitamin K: 18.8µg (17.91%), Vitamin B6: 0.32mg (16.13%), Vitamin E: 1.65mg (10.98%), Copper: 0.21mg (10.55%), Vitamin B1: 0.16mg (10.42%), Vitamin B3: 2.08mg (10.41%), Folate: 37.05µg (9.26%), Magnesium: 33.15mg (8.29%), Phosphorus: 82.13mg (8.21%), Iron: 1.4mg (7.8%), Calcium: 72.23mg (7.22%), Vitamin B2: 0.12mg (6.88%), Vitamin B5: 0.55mg (5.54%), Zinc: 0.58mg (3.89%), Selenium: 1.25µg (1.78%)