



Casablanca Carrot Soup

Vegetarian Times Issue: October 1, 2007 p.70 — Member Rating: ★★★★★

Ingredient List

Serves 6

- 2 Tbs. olive oil
- 1 lb. carrots, cut into 1/8-inch rounds
- 2 green onions, minced (2 Tbs.)
- 1 clove garlic, minced (1 tsp.)
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground turmeric
- 1/2 tsp. ground cumin
- 1/4 tsp. red pepper flakes
- 2 14.5-oz. cans low-sodium vegetable broth or water
- 2 cups carrot juice
- 1 cup cooked long grain brown rice
- 1/4 cup chopped fresh mint
- 1 Tbs. lemon juice
- 1 tsp. lemon zest
- Sliced almonds and mint sprigs for garnish, optional

Directions

1. Heat oil in large pot over medium-high heat. Add carrots, onions, garlic, cinnamon, turmeric, cumin, and red pepper flakes; sauté 3 minutes. Add broth, and bring to a boil. Reduce heat to medium-low, cover, and simmer 30 to 35 minutes, until carrots are very tender.
2. Purée carrot mixture with carrot juice, rice, and mint in blender until smooth. Stir in lemon juice and zest. Return to pot to warm, if necessary. Serve hot or chilled, garnished with almonds and mint.

Nutritional Information

Per SERVING: Calories: 145, Protein: 2g, Total fat: 5g, Saturated fat: 0.5g, Carbs: 22g, Cholesterol: mg, Sodium: 186mg, Fiber: 4g, Sugars: 5g

Copyright © 2008 Cruz Bay Publishing, Inc. | an [Active Interest Media](#) Company.