

From Lisa's Kitchen: Gingered Carrot & Edamame Soup

This is about as healthy as it gets: loads of anti-oxidants from the vegetables, lots of anti-inflammatory properties from the ginger and plant-based protein from the edamame. Super simple to make, it also tastes delicious!

Gingered Carrot & Edamame Soup

Makes about 2 quarts

- 2 cups chopped onion
- 2 garlic cloves, minced
- 3 tablespoons grated fresh ginger
- 2 bags baby carrots (about 10 ounces each)
- 1 quart low-salt chicken stock
- 1 10-ounce bag frozen edamame

Combine first five ingredients (onion through chicken stock) in a soup pot. Bring to a boil, then reduce to a medium simmer. Cook for 30 minutes, or until carrots are very soft.

Using a hand-held stick blender or a regular blender, carefully puree soup until smooth. Return soup to pot, add edamame and simmer soup until edamame is tender, about 10 minutes.