

Slow Cooker Carrot and Ginger Soup

Ingredients (serves 4)

- 1 pound of carrots, peeled & cut into chunks
- 1 yellow onion, chopped
- 1 large sweet potato, peeled & cut into chunks
- 4 cups water or veggie stock
- 2 cloves garlic, minced
- 2 tablespoon fresh ginger, peeled & minced (or $\frac{1}{2}$ teaspoon ground ginger)
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup milk



Preparation

1. Sauté onion and minced garlic in 2 teaspoons oil over medium heat for 5 minutes. This step is not required but it provides the soup with a richer flavour.
2. Add carrots, potato, sautéed onion & garlic, garlic powder, ginger, salt, and pepper to slow cooker. Add stock or water until veggies are just covered.
3. Cook on high 4-5 hours or low 7-8 hours, until veggies are fork tender.
4. Puree in small batches in blender or food processor. Stir in milk. Serve in bowls, top with sliced almonds if desired.