

**Plant a Row • Grow a Row & Soupalicious Toronto 2011** invite you to

**Sip, Slurp and Savour ...**

# Fully Nourished By Marni Wasserman's Carrot Ginger Apple Soup

## Ingredients

- 1 medium onion, chopped
- 1 tbsp olive oil
- 4-6 cups vegetable stock or filtered water
- 2 cups carrots chopped
- 2 parsnips (optional or more squash)
- 1-2 cups sweet potatoes or yams
- 2-3 medium apples, cored and diced (Asian pear, braebun, fuji)
- 1/2 tsp sea salt
- 1/2 tsp cinnamon
- 1 tsp turmeric
- 1 tsp nutmeg
- 2 tbsp fresh ginger root

Plant a Row • Grow a Row presents ...



[soupleicious.ca](http://soupleicious.ca)

## How It's Made

1. In a large soup pot, sauté the onions in oil on medium heat until they become translucent.
2. Add the stock, carrots, potatoes, apples and salt, pepper, nutmeg and ginger. Bring to a boil.
3. Turn down heat and simmer for 30 minutes. Take 2 ladles worth of vegetables and 1 ladle of stock and blend in a blender or food processor until smooth or you can puree the entire pot. Return to soup pot and stir together before serving.

For extra flavour - try roasting the root vegetables in the oven for 45 min to an hour (at 360F)

## Delicious Knowledge by Marni

Not only is this soup loaded with antioxidants and beta-carotene - but it is colourful, sweet and you can even eat it cold! For added nutrition and a balanced meal, serve with some brown rice and steamed green vegetables such as swiss chard, kale or broccoli.



Recipe Courtesy of Fully Nourished By Marni Wasserman.

For more information visit Marni Wasserman at [www.fullynourished.ca](http://www.fullynourished.ca)  
or call 647-477-8131.

*For more information, visit [www.growarow.org](http://www.growarow.org)*

Soupleicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.