

## Soup/Carrot And Ginger

- A: 4T canola oil  
1# carrots, peeled and chopped  
1/2C onion, chopped  
1/4C ginger, minced  
3T white rice (uncooked)
- B: 4C vegetable stock
- C: 2/3C plain Greek yogurt  
salt and pepper to taste  
3T chives
1. Saute (A) over low heat, 30 minutes until carrots are tender.
  2. Add (B) and blend with immersion blender until smooth.
  3. Add (C) and serve.
- Servings: 6



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*From the kitchen of David and Jennifer Deaven*