



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Sunshine Soup

Featured Item: Carrots

Serving Size: 6 ounces • Yield: 4

Fun Facts:

- Carrots were first grown as medicine, not food.
- One carrot gives you enough energy to walk 1 mile!

Try It!

- Carrots are great on the grill!

INGREDIENTS

Carrots, raw, local, chopped :	2 cups
Extra Virgin Olive Oil:	1 tablespoon
Iodized Salt:	1/4 teaspoon
Black Pepper:	1/4 teaspoon
White Onion, raw, chopped:	1/2 cup
Fresh Garlic, peeled:	1 1/2 teaspoon
Ginger Root:	1 1/2 teaspoon
Ground Turmeric:	1/2 teaspoon
Oranges:	1/2 count
Curry Powder:	1 1/2 teaspoon
Vegetable Soup Base:	1 1/2 teaspoon
Lite Coconut Milk:	7 ounces
Water:	2 cups
Sunflower Seeds:	1/2 cup



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DIRECTIONS

1. Prep: Peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots.
2. Heat the olive oil in a large saucepan over medium heat. Add the onion and saute for about 5 minutes, until clear. Add the garlic, ginger, turmeric, orange zest, salt, pepper, and saute for 2 minutes. Add the carrots and cook for 3 more minutes.
3. Pour in the vegetable base, water, coconut milk, and orange juice. Bring to a boil and lower to a simmer. Cover and cook for 20 to 25 minutes or until the carrots are cooked through.
4. Puree the soup, a little at a time, in a high speed blender. Taste and add more pepper if needed.
5. Return the soup to the pan and reheat, adding more liquid if a thinner consistency is wanted.
6. Serve in a 6 ounce bowl. Top with 2 tablespoons of sunflower seeds.

Source: Pisanick Partners, LLC