



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: 25

HACCP Process #3:

Complex Food Preparation

Child Nutrition Credit:

0.5 Ounces of Meat/Meat Alternate

0.5 Cups of Red/Orange

INGREDIENTS

Carrots, raw, local, chopped :	3 qt., 1/2 c.
Extra Virgin Olive Oil:	1/3 c., 2 3/4 tsp.
Iodized Salt:	1 2/3 tsp.
Black Pepper:	1 2/3 tsp.
White Onion, raw, chopped:	3 c., 2 tbsp.
Fresh Garlic, peeled:	3 tbsp., 1/2 tsp.
Ginger Root:	3 tbsp., 1/2 tsp.
Ground Tumeric:	1 tbsp., 1/4 tsp.

Oranges:	3 1/4 count
Curry Powder:	3 tbsp., 1/2 tsp.
Vegetable Soup Base:	3 tbsp., 1/2 tsp.
Lite Coconut Milk:	1 qt., 1 1/3 c., 2 1/4 tbsp.
Water:	3 qt., 1/2 cup
Sunflower Seeds:	3 cups., 2 tbsp.



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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