

Carrot and Ginger Soup

7 REGULAR

6 SOFT & BITE-SIZED

5 MINCED & MOIST

4 PUREED

3 LIQUIDISED

Recommendations on this site are for food modification only.
If you are level

4 EXTREMELY THICK

for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.

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Shopping List

- ½ medium onion, diced
- 1 tablespoon olive oil
- 750ml vegetable stock
- 1 tablespoon fresh ginger, peeled and chopped
- 2 cloves garlic, crushed
- 450g carrots, chopped
- full fat natural yogurt



Directions

1. Fry onion and garlic until soft
2. Add other ingredients and simmer for 10 minutes.
3. Purée in blender and serve immediately with a swirl (or more) of natural yogurt for garnish.
4. Blend the mixture until smooth and add the yogurt.
5. Season to taste.