



Creamy Carrot-Ginger Soup



1/6 of recipe (about 1 1/4 cups): 86 calories, 0.5 total fat (0g sat. fat), 570mg sodium, 16.5g carbs, 3.5g fiber, 9.5g sugars, 5g protein

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Prep: 15 minutes **Cook:** 3–4 hours or 7–8 hours



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Ingredients

4 cups (about 8 large) roughly chopped carrots
3 cups roughly chopped cauliflower
1 tbsp. chopped garlic
1 1/2 tsp. ground ginger
1/2 tsp. salt
1/2 tsp. black pepper
2 cups chicken broth
2 cups fat-free milk

Directions

Spray a [slow cooker](#) with nonstick spray. Add all ingredients except milk.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until veggies are soft.

Turn off slow cooker. Transfer contents to a [blender](#). Add milk, and puree until smooth.

MAKES 6 SERVINGS

HG Tips: If you have an [immersion blender](#), use it to blend the soup right in the slow cooker! And if you want to make this veg-friendly, swap the chicken broth for vegetable broth.

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