



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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