



## **CARROT SOUP WITH SOUR CREAM**

15 min    Leicht

Cooking time about: 30 min

### **INGREDIENTS (FOR 4 PERSONS)**

1 onion  
1 clove of garlic  
1 piece of fresh ginger, about 1.5 cm  
200 g floury potatoes  
500 g carrots  
2 TBSP rapeseed oil  
200 ml orange juice  
About 600 ml vegetable stock  
Salt  
Freshly ground pepper  
1-2 TSP lemon juice  
80 g MinusL Sour cream  
Basil, to garnish

## **PREPARATION**

Peel or clean the onion, garlic, ginger, potatoes and carrots and roughly chop them.

Heat the oil in a pot and sauté the vegetables for 2-3 minutes. Pour on the juice and stock. Add salt, pepper and leave to simmer for about 25 minutes until soft.

Then purré finely with a blender and either add some stock or boil down a little, as desired.

Stir all the sour cream except for 4 TSP into the soup and season to taste with salt and pepper. Divide the carrot cream soup into soup bowls or plates, and serve garnished with a dollop of sour cream and some basil.