



Makes 8 cups
Preparation Time: 30 minutes
Cook Time: 20 minutes

INGREDIENTS:

6 cups chopped carrots
1 cup chopped yellow onion
1 cup chopped celery
1 cup chopped peeled potato
6 cloves garlic, minced
1½ tablespoons grated fresh ginger
⅓ teaspoon crushed red pepper, or to taste
4 cups low-sodium vegetable broth
1 cup finely chopped kale leaves, stems removed
2 tablespoons dry whole wheat orzo pasta
1 tablespoon white wine vinegar
1 tablespoon lemon juice
Sea salt, to taste
Freshly ground black pepper, to taste

Carrot Ginger Soup with Orzo and Kale

This carrot ginger soup is equal parts refreshing and hearty, which makes it the ideal meal no matter the season. The slurpable stew is packed full of warming flavors while chunks of creamy [potatoes](#), leafy [kale](#), and chopped veggies deliver nutrient-dense fiber and tantalizing texture. Splashes of white wine vinegar and lemon juice dial up the brightness with pops of acidity to balance out the hearty root vegetables, and chewy whole wheat orzo pasta soaks up the flavorful broth. Feel free to serve with a side of crusty bread to sop up any extra soup, but we doubt you'll leave anything left in your bowl after falling in love at first bite!

For more incredible carrot recipes, check out these tasty ideas:

- [Vegan BLTA with Carrot Bacon](#)
- [Carrot Dogs](#)
- [Zucchini, Tofu, and Carrot Bao Bun Filling](#)
- Or take a look at our full [collection of carrot recipes](#)

By Darshana Thacker Wendel

- 1 In a large pot combine the first seven ingredients (through crushed red pepper) and ¼ cup water. Cook over medium 10 minutes or until onion is tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add broth. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until vegetables begin to soften.
- 2 Using an immersion blender, blend soup to break vegetables into smaller bits. Do not blend until smooth.
- 3 Stir in kale and orzo. Reduce heat to medium-low; simmer 10 minutes more or until pasta is al dente and the soup starts to thicken. Add a little water if you prefer a thinner soup. Stir in vinegar and lemon juice, and season with salt and black pepper.