

## **Gingery Carrot Soup**

**Below serves 1 to 2 (Makes 2 cups) please adjust quantities accordingly**

### ***Ingredients***

- 1 tablespoon vegetable oil
- 8 ounces' carrots, peeled and cut into 1-inch pieces
- 1 (1-inch) piece fresh ginger, peeled chopped
- ¼ teaspoon salt
- 1  $\frac{1}{3}$  cups chicken or vegetable broth
- 1/3 cup milk (regular or coconut)
- Croutons
- Cilantro

## **Instructions**

### **Before class:**

Peel carrots and cut into 1-inch pieces

Peel and chop ginger

### **Start Cooking**

1. In large saucepan, heat oil over medium heat for 1 minute (oil should be hot but not smoking). Add carrots, ginger and salt and cook stirring occasionally until lightly browned, about 5 minutes.
2. Stir in broth, increase heat to high, and bring to boil. Reduce heat to medium-low, cover, and simmer until carrots are very soft, about 15 minutes.
3. Turn off heat and let it cool for 5 minutes.
4. Transfer carrots and liquid into blender jar. Add milk. Process until smooth about 1 minute.
5. Pour soup into bowls and garnish with cilantro and croutons.

## **Caprese Panini**

**Below Serves 1**

### ***Ingredients***

- 2 (1/2-inch-thick) slices crusty bread (regular or Gluten free)
- 1 tablespoon extra-virgin olive oil

- ½ cup shredded mozzarella cheese (regular or dairy free)
- 1 small tomato, sliced into circles
- pinch salt
- 4 fresh basil leaves.

## Instructions

### **Before class:**

Slice tomatoes into circles

### **Start Cooking**

1. Place bread slice on cutting board. Use pastry brush to brush oil evenly over one side of each slice.
2. Flip 1 slice over (oiled side down) and sprinkle with half of cheese. Place tomato slices on top and sprinkle with salt. Top with basil and remaining cheese. Place second slice of bread on top (oil on the outside).
3. Place sandwich in nonstick skillet. Place saucepan lid on sandwich and press down firmly, then leave lid in place.
4. Heat skillet over medium heat and cook until bread is golden brown on bottom about 4 minutes.
5. Use spatula to flip sandwich over. Place lid back on sandwich and press down again. Cook until second side is golden brown and cheese is melted, about 2 minutes.
6. Turn off heat. Use spatula to transfer sandwich back to cutting board. Let cool for 2 minute. Cut sandwich in half and serve warm.

(Steps 3,4,5 can be done in panini press if you have one)