



## A Recipe from



# *DR. SINATRA'S* **CANCER-CLOBBERING CARROT BISQUE**

This Mediterr-Asian carrot soup has a gingery bite, but the goat cheese cools it off. If you want less bite, use only one tablespoon of ginger. For an eye-catching presentation, serve the bright orange soup next to a green garden salad.

- 6 large carrots, peeled and diced
- 2 heaping tablespoons plus 1 teaspoon fresh minced [ginger](#)
- 1 quart low-sodium vegetable broth
- 1 teaspoon ground coriander
- 1 tablespoon extra-virgin [olive oil](#)
- 1 ounce goat's milk cheese
- Pinch nutmeg
- Pinch cinnamon

In a medium saucepan over medium-high heat, combine the carrots, ginger, broth and coriander, and bring to a boil. Cook at a high boil, stirring constantly, for 35 minutes, or until the carrots are tender. Remove from the heat, add the olive oil and blend the soup – either in a food processor or using an immersion blender – until it is smooth. Ladle soup into two bowls. Garnish with a dab of goat cheese and a sprinkle of nutmeg and cinnamon and serve. Serves 2.