



*Glowing Carrot Ginger*

**Turmeric Soup**

*\*This recipe is sourced from **Feasting at Home Blog***

## Ingredients:

- 1 Tbsp coconut or olive oil
- ½ cup chopped shallot (2 shallots, or ½ an onion)
- 2 Tbsp chopped, peeled turmeric
- 2 Tbsp chopped, peeled ginger root
- 4 garlic cloves, rough chopped
- 1 pint fresh carrot juice (2 cups) or use 2 cups veggie or chicken stock
- 2 cups water
- 450g / 1 lb chopped carrots
- ½ teaspoon salt, then more to taste
- ¾ – 1 can of coconut milk, saving some for swirling if you want.
- 1 Tsp curry powder
- ½ teaspoon apple cider vinegar or lime juice
- ½ Tsp soy sauce (or Braggs liquid amino) – this is optional, added for depth.
- 1 Tsp maple syrup
- Pinch or two cayenne, to taste
- garnish with mint, cilantro or edible flowers

## Method:

1. Peel and chop shallots, turmeric, ginger and garlic.
2. Chop the carrots into ½ inch rings, no need to peel if scrubbed.
3. Heat oil in a large pot, over medium heat.
4. Add shallots, turmeric root and ginger and sauté until golden, about 3-4 minutes. (see notes if using ground turmeric)
5. Add garlic and continue cooking, stirring about 2 minutes.
6. Add carrot juice, water and carrots and salt.
7. Bring to a boil, cover, turn heat down and simmer until carrots are tender, 15-20 minutes.
8. Let it cool a bit, then blend in batches until very smooth and velvety.
9. Place the soup back in a pot, over low heat and add coconut milk and curry, vinegar, soy, and maple.
10. Simmer and stir until coconut milk is combined. Taste, adjust salt.
11. Add cayenne for a little heat.
12. Serve with fresh herbs and coconut milk swirls.

## Notes:

If subbing ground turmeric add it when you add the curry powder. It is much more intense in flavor than the fresh root, so start with one teaspoon, adding more to taste.