

## Healing Carrot Soup

### Directions

1. Heat oil in a large skillet over medium heat. Add in the onions, ginger, garlic, carrots, cumin and turmeric, and sauté for about 10 minutes or until the veggies start to brown.
2. Add in chicken broth. Cover and let simmer for 30 minutes.
3. After 30 minutes, pour in almond milk and stir well. Use an immersion blender to blend your soup until creamy. Taste and adjust salt and pepper to taste.  
\*If using a blender, be careful to let steam out as the lid will pop off - risk of burning yourself!!!
4. Ladle into bowls, 1 cup to 1 1/2 cups per serving. Drizzle with fresh lemon juice and toppings of choice.

### Some Topping Ideas

Chopped spinach  
Cilantro  
Roasted chickpeas

### Some Variations

Use full-fat coconut milk instead of almond milk or as extra liquid  
Make it vegetarian with vegetable broth  
Add some healing nutrients with home made bone broth

### Ingredients (6-8 servings)

1. 1 1/2 Tbsp Olive or Coconut oil
2. 12 Carrots (peeled and chopped into 1 inch rounds)
3. 1 1/2 Onion (chopped)
4. 1 1/2 tsp Cumin
5. 1 1/2 tsp Turmeric
6. 1 Tbsp Fresh Ginger (Grated)
7. 3 Garlic Cloves (minced)
8. Salt & Pepper (to taste)
9. 4 1/2 cups Chicken Broth
10. 1 1/2 cups Almond Milk (unsweetened)
10. 1 1/2 Lemon (cut into wedges)

**\*Toppings:** See below for some topping ideas to choose from! Plan your ingredients accordingly!