

# Carrot & Ginger Anti-Inflammatory Soup

Serves: 4-5

Prep time: 3-5 minutes

Cook time: 20-25 minutes



**Serving size:** 1.5 cups

## INGREDIENTS:

- 1 tbsp avocado oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 1/2 tsp fresh ginger, chopped finely
- 1/1 lbs carrots, peeled & chopped into 1/2 inch chunks
- 2 cups vegetable broth
- 1 cup light canned coconut milk
- 1/2 tsp ground coriander
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/2 tsp salt
- 1/2 tsp black pepper
- Optional topping: Roasted sunflower seeds

## INSTRUCTIONS:

1. Heat a large pot with oil. Add onion, garlic and ginger and saute for 5 minutes. Then add in the carrots and season with coriander, cumin, turmeric until coated. Sauté for another 3 minutes while stirring occasionally.
2. Pour in the vegetable broth and cover to let it simmer for 15 minutes.
3. Remove the lid and turn off the heat. Let the soup cool for a few minutes before blending.
4. Add in the coconut milk and then pour into a blender or use an immersion blender to blend until smooth and creamy. Taste and adjust as needed.
5. Add a few roasted sunflower seeds on top for additional Vitamin E.
6. Store in an airtight container for 3 days in the fridge or freeze for up to 3 months.