

## **Turmeric Carrot Soup**

***Serves four***

1 pound (500 grams) medium, peeled carrots – halved  
1 tsp. olive oil  
1 – 1 inch piece fresh ginger – peeled and smashed  
1 – 1 inch piece fresh turmeric -- peeled and halved OR 1 tsp. ground turmeric  
1 garlic clove – peeled and chopped  
3 small scallions (1 large one) – white and light green parts chopped  
½ a jalapeño pepper – seeded and membrane removed (optional)  
6 cups water  
Salt & Pepper  
Coconut milk; chopped scallion greens and chopped cilantro for garnish – optional

Sauté the garlic, turmeric, ginger, carrots, scallions and jalapeño pepper in the olive oil for a few minutes, stirring occasionally and scraping the brown bits.

Add the water and season with salt and pepper to taste. Cover the pot and simmer for about 20 minutes until the carrots are softened. Allow the soup to cool and blend until creamy.

Adjust the salt if necessary and reheat. Ladle the soup into bowls with a drizzle of coconut milk and some scallion greens and cilantro, if using.

Enjoy!