

Turmeric Ginger Carrot Soup

Yields: 6 servings

Prep time: 15 min

Cook time: 45 min

INGREDIENTS:

- 1½ tablespoons of olive oil
- 3 cups chopped carrots
- 1 cup of chopped butternut squash
- 3 leeks (cleaned and sliced)
- 2 tablespoons of minced garlic
- 1½ tablespoons of minced ginger
- 1 teaspoon of salt
- 2 teaspoons of fennel seeds
- 1 tablespoon of turmeric powder
- 3 cups of vegetable broth
- 1½ cans of coconut milk
- ¼ cup of sliced green onions

TOOLS:

- [Chantal Cast Iron Dutch Oven \(5 Qt.\)](#)
- Standing Blender



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PROCESS:

1. Peel the carrots and slice into thick slices. Cut off the leafy parts of the leeks and discard; (clean and slice the white ends.) Peel and chop squash into cubes
2. Add the oil to the dutch oven and sauté leeks until softened. (5 minutes)
3. Add the squash and carrots and cook until softened (about 15 minutes).
4. Add fennel seed and stir.
5. Once the veggies and fennel seeds are fully softened, add in the garlic, ginger, salt, and turmeric. Cook for another 5 minutes.
6. Next, add broth and coconut milk. Cook for about 20 minutes.
7. Blend to taste. For chunky, blend on pulse for 1 minute. For pureed, blend steady for 2 minutes.
8. Return to dutch oven and top with green onions before serving.

Happy Healthy Eating!