



CARROT TURMERIC SOUP

Makes 4–6 servings.

A soup for all seasons, it can be served hot, at room temperature or cold. It freezes very well to have on hand.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 onion, sliced
- 2 garlic cloves quartered
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 4 medium carrots, peeled, sliced thinly
- 4 cups vegetable broth
- 2 tablespoons tahini
- 1–2 tablespoons lime juice
- Kosher salt
- Freshly ground black pepper
- Garnish, 2 tablespoons toasted cashews, coarsely chopped, or toasted sunflower seeds

PREPARATION

1. Heat the oil in a medium saucepan. Add the onion, garlic, turmeric and cumin. Sauté for a few minutes. Add the carrots, 3½ cups broth and tahini.
2. Bring to a boil over high heat. Lower the heat and cook covered for about 30 minutes, or until the carrots are tender.

3. Puree in a Vitamix until smooth. Adjust the consistency with the reserved broth and season to taste with turmeric, cumin, tahini, lime juice, salt and pepper.

NOTE

If you freeze the soup, be sure to whisk it as it is boiling to bring it back to its silky texture.