Warming Carrot Soup

Date : 21-10-2018

Ingredients

- 3 cups diced carrots
- 1 cup vegetable stock
- ½ cup almond milk
- 3 tbsp chopped yellow onion
- 1 finely chopped green chili
- 1 tsp finely chopped ginger
- 1 tsp salt
- 1 tsp paprika
- ½ tsp black pepper
- ½ tsp olive oil
- ½ tsp turmeric powder

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Method

1. Roast diced carrots, with salt and pepper, in an oven at 400 degrees for 15 minutes
2. Shift roasted carrots to a pot and place on medium heat
3. Add vegetable stock, olive oil, onions, paprika, turmeric, slice green chili, and ginger
4. Cover and allow to simmer for 10 minutes
5. Use a hand blender to process slightly, or place half the soup in a food processor, blend, and return to the pot
6. Add in almond milk, and cover again, allowing to simmer for an additional 5 minutes
7. Remove from heat and enjoy on a rainy day, when you're under the weather, or just when you feel like eating something bright and warming!

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