

# Carrot and Ginger Soup



Get the kids cooking by helping you to make a delicious creamy vegetable soup for lunch!

## **Ingredients**

1 tbsp Extra Virgin Olive oil  
1 yellow onion  
1 clove garlic  
1 tbsp ground turmeric  
3 tbsp peeled and chopped ginger  
450 g carrot, peeled and chopped  
1 L low sodium vegetable stock  
400 mL Sanitarium coconut milk  
Salt to taste

## **Method:**

1. In a large skillet, heat the oil on medium heat. Add the onion, garlic, ginger and turmeric. Cook until the onion is translucent. This should take about 5 minutes

2. Add the carrots and vegetable stock. Bring to the boil then simmer. This should take about 25 minutes.
3. Slowly add in the coconut milk, then blend with an immersion blender. Add salt to taste and enjoy on a chilly winter evening.