

# Carrot Ginger Soup

WITH BLACK PEPPER GARLIC OLIVE OIL



## Ingredients

- 4 cups fresh carrots, peeled and chopped
- 1 onion, diced
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons Black Pepper Garlic Olive Oil
- 4 cups vegetable broth
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 tablespoon red pepper flakes
- Salt and pepper to taste
- 1 can (14 oz) coconut milk
- Fresh cilantro or parsley for garnish



## Notes

1. In a large pot, heat olive oil over medium heat. Add diced onion and cook until translucent.
2. Add minced garlic and grated ginger to the pot. Sauté for another minute until fragrant.
3. Add chopped carrots, vegetable broth, ground cumin, ground coriander, ground turmeric, red pepper flakes, salt, and pepper to the pot.
4. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 20-25 minutes or until carrots are tender.
5. Once the carrots are soft, use an immersion blender to blend the soup until smooth. Alternatively, transfer the soup to a blender in batches and blend until smooth.
6. Stir in the coconut milk and let heat through for 5-10 minutes.
7. Taste and adjust the seasoning if necessary.