



*cara price*

## CARROT GINGER SOUP

### INGREDIENTS

- 3 tablespoons olive oil
- 2 tablespoons ghee
- 1 yellow onion, roughly chopped
- 2 pounds carrots, peeled & roughly chopped
- 3 cloves garlic, roughly chopped
- 1" piece ginger, peeled & rough chopped
- 4 cups organic vegetable broth
- 1 cup full fat coconut milk
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/4 teaspoon each: allspice & turmeric

### DIRECTIONS

in an 8 quart stock pan, place all ingredients except coconut milk. give it all a quick stir to mix it up.

heat over medium high until it comes to a boil. as soon as it boils, put a lid on it & turn the soup down to low.

cover & simmer 1 hour.

remove lid, add in coconut milk. use an immersion blender to puree the soup.

serve hot.