



Carrot, Sweet Potato & Coriander Soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

Ingredients

- 2 tablespoons extra virgin olive oil or avocado oil
- 1 onion, roughly chopped
- 3 cloves garlic, roughly chopped
- pink salt
- 600g carrots, cubed
- 600g sweet potato, peeled and cubed
- Approx 800ml low salt chicken or vegetable broth
- 2 tbs diced or grated fresh ginger, divided
- 1 teaspoon ground turmeric
- juice of 1 lime, plus wedges for serving
- 1/4 cup coriander leaves and stems, plus more for topping
- Toppings:
 - Lime wedges
 - Crushed red chili flakes

Directions

1. Add olive oil to a pan over medium heat and saute diced onion, stir occasionally, until translucent and season generously with salt.
2. translucent to keep the flavor more delicate.
3. Add diced garlic and stir for a minute or so.
4. Add the sweet potatoes, carrots, broth, and ginger to the pan. Make sure the veg is submerged.
5. Bring to a boil, and then simmer, covered with lid, for about 25 minutes, or just until the veggies are fork-tender.
6. Blend and return to pan. Add beans/brown rice/ texture extra of your choice.
7. Add the remaining ginger, turmeric, lime juice, and coriander to the pan, and give everything a big stir to combine. If you are worried about turmeric staining your blender, always add it to the pot after blending.
8. Taste and adjust to add more salt and lime if needed.
9. Top individual bowls with more chopped coriander, freshly squeezed lime juice, seeds and crushed red chili flakes.