Carrot Soup with Turmeric & Ginger

Cook Time: 15 min prep Time: 5 min total Time: 20 min servings: 4
Ingredients:

1.5 litres vegetable stock (hot)
500g carrot, thinly sliced
1 celery stick, finely chopped
1 small leek, washed and finely sliced
1 teaspoon fresh ginger, grated
1 teaspoon fresh turmeric, grated or 1/2 teaspoon turmeric powder
Pinch of sea salt, to taste
Black pepper, to taste

Instructions:

1. Combine stock, leek, celery, carrot, ginger and turmeric in a saucepan.
2. Bring to the boil and simmer gently for 8-10 minutes.
3. Remove the soup from the heat and cool slightly.
4. Blend for 15-20 seconds or until smooth.
5. Pour the soup back into the saucepan to reheat and season with sea salt and black pepper.
6. Serve and enjoy.

Notes:

Store leftovers in the freezer to enjoy on other fasting days.