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# 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

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## 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.

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## Notes:

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