

Creamy Carrot Soup

4 SERVINGS 50 MINUTES



INGREDIENTS

- 8 Carrot (chopped into 1 inch rounds)
- 1 cup Baby Spinach (chopped)
- 1 Sweet Onion (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk (no emulsifier)
- 1 Lemon (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	133	Iron	2mg
Fat	5g	Vitamin D	25IU
Carbs	22g	Folate	59µg
Fiber	5g	Magnesium	38mg
Protein	3g	Zinc	1mg
Vitamin C	19mg		

DIRECTIONS

- 01 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sautee for about 10 minutes or until veggies start to brown.
- 02 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 03 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 04 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge.

NOTES

RECIPE ID 634

SERVING SIZE

One serving is roughly 1 1/2 to 2 cups of soup.