



Carrot, Cauliflower and Turmeric Soup

Serves 4 to 6 people

Ingredients

- 1 tbs olive oil
- 1 onion, peeled, finely chopped
- 2 cloves garlic, peeled, crushed
- 2 stalks celery, finely chopped
- 6 carrots, peeled, roughly chopped
- ½ head cauliflower, trimmed, cut into florets
- Pinch grated nutmeg
- 1 tsp ground turmeric or 2cm piece of fresh turmeric
- 2 tsp fresh grated ginger or 1 tsp ground ginger
- 4 cups (1L) almond milk

To garnish:

Greek yoghurt, fresh parsley leaves and chopped pistachios, sumac or chia seeds.

Method

Heat the oil in a large saucepan and cook the onion, garlic, ginger, celery, carrots and cauliflower until tender but not browned.

Add the nutmeg, turmeric and unsweetened almond milk. Bring to a simmer, cover and simmer gently until carrots are tender, about 30 minutes. Do not allow the mix to boil rapidly.

When vegetables are tender, allow to cool a little then puree in batches in a food processor or blender until smooth. Return to a clean soup pan and season to taste. Reheat on a low heat.

Serve hot and garnished with a spoonful of yoghurt, sprinkling of chopped fresh parsley and chopped pistachios, sumac or chia seeds.

Recipe courtesy of tryfor5.org.au

