

# Carrot Soup With Ginger, Turmeric, & Lime

Cook 40 min    Total 40 min

Serving: 4

Here is the antidote to cloying, overly sweet, one-dimensional, too-thick carrot soup: fresh carrots, bright spices and a squeeze of lime. The final sizzling of cumin and mustard seeds in coconut oil – the technique is known as *tarka* in Indian cuisine – adds an extra blast of flavor.

Black pepper is key as it brings out the best properties of the turmeric.

In warm weather, you can serve the soup chilled if you'd like. Sauteed shrimp make an excellent protein boost.

## Ingredients

3 tablespoons coconut oil *vegetable oil or ghee*

2 medium onions *thinly sliced (about 3 cups)*

1 tablespoon chopped ginger

2 teaspoons minced garlic

1 tablespoon turmeric

$\frac{1}{2}$  teaspoon toasted and ground coriander

$\frac{1}{8}$  teaspoon cayenne

$\frac{1}{2}$  teaspoon cracked black pepper

$\frac{1}{2}$  teaspoon sea salt

2 pounds young carrots *peeled and cut into 1-inch pieces*

1 small daikon radish *peeled, halved lengthwise and sliced 1/4 inch thick (about 2 cups)*

1 teaspoon mustard seeds

1 teaspoon cumin seeds

1 serrano pepper *finely chopped*

Cilantro leaves *for garnish (optional)*

Lime wedges *for serving*

$\frac{1}{2}$  teaspoon Smoked Paprika

## Directions

Put a heavy-bottomed soup pot over medium-high heat and add 2 tablespoons coconut oil. When oil is hot, add onions and cook, stirring, for about 5 minutes, or until onions are lightly browned. Add ginger, garlic, turmeric, black pepper, coriander and cayenne and cook for one minute more, or just until fragrant. Season generously with salt.



## Directions *(cont.)*

Add carrots and 8 cups water. Raise the heat and bring to a brisk simmer, then put on the lid and turn heat to low. Cook until the carrots are tender, about 15 minutes. Remove from stove and let cool slightly. Purée in a blender in batches, then strain and return to soup pot. Thin with water if necessary; the soup should not be too thick. Set aside.

While soup is cooking, simmer daikon in a few inches of salted water until tender, about 5 to 6 minutes. Drain and keep warm.

Reheat the soup over medium heat, stirring occasionally. Meanwhile, heat remaining tablespoon of coconut oil in a small pan over medium-high heat. When hot, add mustard seeds, cumin seeds and serrano pepper. Cook for one minute, or until spices are fragrant and beginning to pop. Pour the entire contents of the pan into the soup and stir to combine. Taste for salt and adjust.

Divide daikon pieces among 4 warmed bowls and ladle soup over top. Garnish with cilantro leaves and paprika, if using, and give each bowl a squeeze of lime.

## Nutritional Information

### Amount Per Serving (4 Servings)

Calories: 311 Protein: 4 g Sugar: 17 g Carbohydrate: 37 g Fat: 11 g Cholesterol: 0 Sodium: 463 mg Fiber: 10 g