

Carrot Ginger Soup with Cashew Cream – yields 6 servings

Soup

Ingredients:

2 tablespoon extra-virgin olive oil
2 cups chopped yellow onions
2 lb carrots washed and cut into 1 inch pieces (use roll cut)
2 teaspoons fresh grated ginger
½ teaspoon curry powder
¼ teaspoon ground cumin
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
¼ teaspoon ground coriander
1 small pinch of red pepper flakes
8 cups of Magic Mineral Broth (or cold water)
1 teaspoon sea salt
¼ teaspoon maple syrup

Instructions:

- In a 6 qt pot heat the olive oil over medium heat. Add the onions with a pinch of salt and sauté until golden. Add carrots, ginger, curry, cumin, cinnamon, and allspice, coriander, and red pepper flakes and stir to combine.
- Deglaze the pan with 1 quart of liquid. Add the remaining liquid and 1 teaspoon of salt. Cook until the carrots are tender (about 20 minutes)
- In a blender purée the soup in batches, adding the cooking liquid first then the carrots. Blend until very smooth. Add additional liquid to reach the desired thickness.
- Return to the pot, add the maple syrup and and reheat slowly.

Cashew cream

Ingredients:

1 cup raw cashews, soaked for about 2-4 hours
1 cup water
2 teaspoons fresh lemon juice
¼ teaspoon sea salt
Pinch of freshly ground nutmeg

Instructions:

- To make the cashew cream if using a powerful blender (Vita-Mix) add all ingredients to the blender and blend them until very smooth about 3-5 minutes
- To serve, ladle soup in the bowl and drizzle cashew cream on top
- If you don't have a powerful blender then put the cashews in a mini food processor or a nut grinder to give them a head start