

Carrot Ginger Soup

A flavorful Indian-inspired soup made with carrots, garlic, ginger, and onions



Soup

Indian

30 min

Total time

Easy

Difficulty

200

kcal / serving

Ingredients

- 2 large carrots
- 2 cloves of garlic
- 1-inch piece of ginger
- 1 small onion
- 2 cups vegetable broth
- 1 cup coconut milk
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- Salt and pepper to taste

Steps

- 1 Peel and chop the carrots, garlic, ginger, and onion.
- 2 In a large pot, heat the olive oil over medium heat.
- 3 Add the chopped onion, garlic, and ginger to the pot and sauté until fragrant.
- 4 Add the chopped carrots, cumin, turmeric, salt, and pepper to the pot and stir well.
- 5 Pour in the vegetable broth and bring to a boil. Reduce the heat and simmer for about 15 minutes until the carrots are tender.
- 6 Using an immersion blender, puree the soup until smooth. Alternatively, transfer the soup to a blender and blend until smooth.
- 7 Return the soup to the pot and stir in the coconut milk. Heat gently for a few minutes.
- 8 Adjust the seasoning if needed.
- 9 Serve hot and enjoy!