

Orange-Spiced Carrot Soup*

A warm and comforting carrot soup with a hint of orange and spices, perfect for a cozy meal.

PREP TIME: 15 minutes

TOTAL TIME: 45 minutes

COOK TIME: 30 minutes

2 lb Carrots (peeled and chopped)
1 lg Onion (diced)
3 cloves Garlic (minced)
1 T Olive Oil
4 C Vegetable Broth
1 C Orange Juice
1 t Orange Extract

1 T Rooibos Orange Tea (ground)
1 t Ground Cumin
1 t Ground Coriander
Salt and Pepper to taste
1/4 C Coconut Milk (for garnish)
2 T Fresh Cilantro (chopped, for garnish)

PREPARE THE VEGETABLES: In a large pot, heat the olive oil over medium heat. Add the onion and garlic, sautéing until translucent. Add the carrots and cook for an additional 5 minutes.

ADD THE LIQUID: Stir in the vegetable broth, orange juice, orange extract, ground Rooibos Orange Tea, ground cumin, ground coriander, salt, and pepper. Bring to a boil, then reduce the heat and let it simmer for about 20-25 minutes, or until the carrots are tender.

BLEND THE SOUP: Use an immersion blender to puree the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches.

SERVE: Ladle the soup into bowls and garnish with a drizzle of coconut milk and chopped cilantro.

NOTE: This orange-spiced carrot soup can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.