

Carrot Soup

by Carla Hernandez

Ingredients:

1 Tbsp. Olive oil mixed with
1Tbsp butter
1 lb. carrots, cut into 1/4--inch rounds
2 green onions, minced (2 Tbs.)
1 clove garlic, minced (1 tsp.)
¼ tsp. Ground Cinnamon ½ tsp. Ground Turmeric ½ tsp. Ground Cumin
30 oz vegetable stock/ chicken broth (bone broth)
2 cups carrot juice
¼ cup chopped
Fresh mint
1 Tbsp. lemon juice
1 tsp. lemon zest
(mint sprigs for garnish, optional)

Directions:

Heat oil and butter in large pot over medium high heat. Add carrots, onions, garlic, cinnamon, turmeric, and cumin; stir 3 minutes. Add broth and bring to a boil. Reduce heat to medium-low, cover, and simmer 30 to 35 minutes, until carrots are very tender. Puree carrot mixture with carrot juice and mint in blender until smooth. Stir in lemon juice and zest. Return to pot to warm, if necessary. Serve hot or chilled, garnished with mint.