

Nourishing Ginger Carrot Soup

Quick, economical, tasty grounding.. one of my favorite recipes. I pull it out whenever I want something moist and warm, and when I am travelling and have access to a kitchen. It feels so nourishing. A great choice for fall or when you find yourself being too Vata (etheric, airy or dry)

Ingredients

- 4 carrots, chopped
- 1 cup parsnip (optional)
- Small yellow onion (cut into small pieces)
- 2 clove garlic
- 1/2 inch fresh ginger, grated
- 1/4 tsp Himalayan crystal salt
- 1/2 tsp cumin seeds ground
- 1/2 tsp coriander seeds, ground
- 1 tbsp ghee or coconut oil
- 1/2 - 1 cup coconut milk or sour cream
- water to desired consistency

Preparation

- Chop and sauté onion in coconut oil or ghee in a largish soup pot.
- When the onions begin to brown add chopped garlic and ginger. Continue frying for thirty seconds.
- Add salt and spices. Stir and sauté for a few seconds.
- Add water to the pot and turn heat on high. Add carrots and parsnips. After the mixtures comes to a boil, turn heat to low and simmer until tender.
- Pour the soup into a blender and blend to a creamy consistency.
- Add coconut milk or sour cream and stir.

Garnish with sunflower seeds and a drizzle of pumpkin seed oil (if you have it; it adds a lot to the soup flavor wise and for the eye). If you need the soup to be heavier add potatoes, sweet potatoes or yams. Also if you need more nourishment, replace the water with chicken or beef broth.



Food Wisdom

VP= K+

COOKED CARROTS are sweet and thus pacify Vata and Pitta. They are nourishing and detox the body.

GINGER kindles the digestive fire and improves assimilation and absorption of food. Fresh ginger can be enjoyed by all body types. Dry ginger is more heating than fresh ginger and thus better enjoyed by Vata and Kapha types.

COCONUT is sweet, heavy and cooling thus nicely suited for the fall



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