

Carrot Ginger Soup

1 tablespoon	Olive Oil
2 ½ cups	Carrots (chopped)
½ cup	White Onion (chopped)
1	Garlic Clove (minced)
1 teaspoon	Ginger (grated)
1 tablespoon	Orange Juice
¼ teaspoon	Ground Turmeric
1 ½ cups	Vegetable Broth
¼ teaspoon	Salt (or more/less to taste)
¼ teaspoon	Ground Pepper (freshly)

1. Sauté the carrots and onions until just soft. This will provide the soup with lots of aromatics without adding in extra fat or salt.
2. Add the sautéed carrots to a blender with vegetable broth, fresh ginger, turmeric, orange juice, and a pinch of salt and pepper.
3. Blend until creamy! This carrot ginger soup is rich in vitamin C, potassium and antioxidants, I can't think of a more delicious way to fight any illness.