



The Wholeness Chef

Moroccan Carrot Soup

This soup is wonderful for reducing blood pressure, reducing cholesterol and helping you stay young and healthy. All the great antioxidants are just going to keep your body very vibrant. It also tastes delicious too so I hope you enjoy it as much as I do.

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

3 cups chopped Carrots (about 9 medium carrots)
1/2 medium Onion, roughly chopped
2 Garlic Cloves, roughly chopped
1 Celery Stalk, peeled and roughly chopped
3 1/2 cups Water
1 Tbsp Coconut Oil
1/2 Tsp Paprika
1/4 Tsp Ground Cumin
1/4 Tsp Ground Coriander
1/3 cup full fat Canned Coconut Milk
Salt and Pepper to taste.

Directions:

1. In a medium saucepan add the coconut oil, and when melted add onions and sauté until translucent.
2. Add your carrots, celery, and garlic and sauté until slightly softened, but not browned.
3. Add cumin, coriander, and paprika. Cumin and coriander help enhance digestion and prevent gas formation. These are called carminatives.
4. Add your water. Bring to a boil and reduce to simmer.
5. Simmer covered for about 20 minutes until the carrots are very tender.
6. Blend with a stick blender until smooth. You can also use a blender and blend in batches.
7. Add the coconut milk and salt and pepper to taste. This soup is a great side dish or it can also be used as a light lunch or dinner.