

# Moroccan-Spiced Carrot Ginger Soup

Time: 50 minutes

Servings: Four bowls

Level: Easy

## Ingredients:

- o 2 tablespoons olive oil
- o ½ yellow onion, diced
- o 1 celery stalk, diced
- o 5 large carrots, peeled, ends trimmed and sliced
- o 1 ½-inch knob of ginger, peeled and chopped (use less if you don't want a potent flavor)
- o 4 cups unsalted vegetable broth
- o (optional garnish) chopped parsley, pomegranate seeds, toasted pine nuts

## *Spice Mix*

- o 1 teaspoon coriander powder
- o 1 teaspoon ground turmeric
- o 1 teaspoon salt
- o ½ teaspoon cumin powder
- o ¼ teaspoon ground black pepper
- o 1/8 teaspoon cardamom powder
- o 1/8 teaspoon cinnamon

## Directions:

- 1) Heat a heavy-bottomed stockpot to medium.
- 2) Add **olive oil**, **onions**, and **celery** and cook for about 5 minutes or until onions are translucent.
- 3) Add **carrots** and **ginger** and cook for about 2 minutes.
- 4) Add **spice mix** and cook for about 1 minute.
- 5) Add **vegetable broth**, bring to a boil then reduce heat to low and cook for 30 minutes.
- 6) Remove the stockpot from heat and let cool for about 10 minutes or longer.
- 7) Blend the soup until smooth in a high-speed blender and then place back on the stove for 10 minutes to let the flavors meld together.
- 8) Ladle soup in bowls and garnish as desired.