



# Curried Roasted Carrot Ginger Soup

## Instructions

Serves: 4

1. Preheat oven to 425 F
2. Add the carrots, apple, onion, ginger, and garlic to a large roasting pan /cookie sheet lined with parchment paper.
3. Roast the veggie tray for 20 mins or until vegetables are well browned
4. Place the roasted vegetables in a high-speed blender along with cashews, 3 cups of vegetable broth and puree for 2 minutes or until well pureed.
5. Add the pureed vegetables to a large pot and add the remaining 2 cups of vegetable broth, along with the garam masala, turmeric, pepper, cinnamon, nutmeg, nutritional yeast, and flax seed powder.
6. Cook for about 10-15 minutes.
7. Toast sesame seeds in the microwave for 45 seconds or in a hot skillet until light brown.
8. Serve the soup in bowls with a squeeze of lemon, chopped cilantro and some toasted sesame seeds/nigella seeds.

## Ingredients

- 1 pound carrot, peeled, top removed and cut in quarters
- 4 peeled garlic cloves
- 1 medium onion peeled and cut into quarters
- 1 inch ginger piece
- 1 small apple (pink lady/gala/honey crisp) cut in small pieces
- ½ cup cashew
- 2 tablespoon chopped cilantro
- 1 tablespoon avocado or olive oil (optional if trying oil free)
- 5 cups veggie broth/water
- 1 teaspoon turmeric
- ¼ teaspoon pepper
- 1 teaspoon garam masala
- 1 teaspoon salt (modify according to taste)
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 tablespoon flax seed powder
- 3 tablespoons nutritional yeast
- 1 teaspoon toasted sesame seeds(optional)
- 1 teaspoon nigella seeds (optional)

Please save the carrot peels, onion peels, garlic peels in a freezer bag and make a homemade veggie broth.