

Carrot-Almond Soup

Prep Time: 10-15 minutes

Carrot-Almond Soup Recipe:

2 tbsp canola oil	1/2 tsp ground coriander
2 tbsp unsalted vegan butter	1 medium yellow onion, diced
1/2 cup whole almonds	1-1/2 tsp ground cumin
1 lb carrots, sliced	Freshly ground black pepper
3 tsp celtic sea salt	1/4 tsp ground ginger
1 (15oz) can of chickpeas, drained and rinsed	6 cups water
1/3 cup fresh cilantro leaves, roughly chopped	
Finely grated zest of 1 lemon	

Instructions:

Heat the oil and butter over medium heat in a large soup pot. Add the almonds and stir until toasted, about 3 minutes. Transfer nuts with a slotted spoon to a small plate and reserve.

Add the carrots, onion, salt, cumin, coriander, ginger, and pepper to the pot and cook, stirring occasionally until tender, about 10 minutes. Increase the heat to high and cook until the vegetables brown, about 4 minutes more.

Meanwhile, stir together the cilantro and lemon zest in a small bowl.

Roughly chop the reserved almonds. Transfer half of the almonds and half of the soup to a blender. Pulse at first, and then puree, to make a smooth soup base. Return the pureed soup to the pot and heat. Stir in the cilantro and lemon mixture, divide among warmed bowls, and serve with the remaining chopped almonds sprinkled on top.

Variations:

Variations are really unlimited with this sort of dish. Think raisins and go from there!

Cheats:

Real, whole dairy butter is the only source of animal product that is not a really bad thing to eat according to Hallelujah Acres and Dr. T. Colin Campbell because it only contains fat and no animal protein which contributes greatly to disease.

We get our produce from:  www.freggies.com

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