Vegan Monday: Spiced Carrot And Ginger Soup

Ingredients:

Difficulty: Easy
(serves 4)

2 tbsp olive oil
1 medium onion, diced
3 tbsp grated fresh ginger
1 kg carrots, peeled and diced
1 lt. (or 4 cups) vegetable broth or water
1 tsp salt
1/2 tsp freshly ground black pepper
1 tsp red pepper flakes

optional: 1 tsp ground turmeric

Serve with (optional): dairy-free or regular creme fraîche, toasted nuts..

Instructions:

1. Put olive oil in a medium size pot and put it on medium high heat. Add onion and sauté for about 5 minutes, until it gets translucent.

2. Add grated ginger and continue to sauté for 1-1.5 more minutes.

3. Add carrots and give it a stir.

4. Add vegetable broth or water, salt, pepper and red pepper flakes (and ground turmeric, if using) and stir well.

5. Put the lid of the pot and bring it to a boil. When it starts to boil, lower the heat to medium and cook for about 10-15 minutes, until carrots are very very tender.

6. When cooked, turn off the heat. Using a blender, puree the soup. Taste and add more salt and pepper if needed. Serve with creme fraîche and/or toasted nuts. Enjoy!