

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Anti-inflammatory Carrot Soup with Ginger and Tumeric

Makes 4-6 servings

This is a quick and easy soup you can make in minutes! On top of being creamy and tasty, it's also packed with nutrition. Tumeric, ginger, carrots, sweet potato, and coconut milk are well known for their anti-inflammatory and healing properties as well as immune system-boosting antioxidants.

Ingredients:

1 ½ pounds carrots, peeled and sliced thick
2 tablespoons olive oil
1 medium onion, chopped
2 tablespoons fresh ginger, minced
1 tablespoon fresh garlic, minced
1 ½ teaspoons minced fresh turmeric **or** ½ teaspoon ground turmeric
½ teaspoon curry powder
¼ teaspoon crushed red pepper (optional)
1 small sweet potato, peeled and cubed (about 1 cup)
4 cups low-sodium chicken broth or vegetable broth
1 (14-ounce) lite coconut milk
¼ teaspoon salt
Fresh cilantro or parsley, for garnish (optional)
¼ cup plain Greek yogurt, for garnish (optional)

Directions:

Heat oil in a large pot. Saute onions, garlic, ginger, and tumeric until soft, about 3 minutes. Add curry powder (and ground turmeric if using) and saute 1 minute. Add carrots, sweet potato, chicken broth and coconut milk, and salt. Simmer 15-20 minutes until vegetables are soft. Puree the soup in a blender, food processor or immersion blender. Serve with chopped cilantro and a dollop of plain Greek yogurt, if desired.

Nutritional Information per serving:

Calories: 250	Carbohydrates: 32g
Total Fat: 12g	Cholesterol: 0mg
Saturated Fat: 4g	Dietary Fiber: 6g
Sodium: 422mg	Protein: 4g