



Orange Soup It Is



Vegetarian or Vegan

Serves a big family, or one person for a whole week

I created this to satisfy my desire and cravings for orange soup. I needed that rich color in my life and tummy.

It is still unclear to me if it was because I needed some sun in the middle of the Arizona "winter", or my body told me to boost my immune system with beta-carotene and vitamin A.

Regardless of the reason, this soup turned out heavenly in taste, and oh so healthy with anti-inflammatory properties and nutrient density.

- ♥ 1 butternut squash (peeled and cubed)
- ♥ 1 cauliflower (cut to florets)
- ♥ 5 carrots (peeled and cubed/sliced)
- ♥ 1 yellow onion (diced)
- ♥ ½ cup heavy cream or coconut milk (optional for creamy texture)
- ♥ 1 shallot (sliced) (optional)
- ♥ 5 garlic cloves (diced)
- ♥ 3 tbsp. olive oil
- ♥ 1 tsp. salt (or more per taste if not using the smoked salt)
- ♥ 1 tsp. smoked salt (optional)
- ♥ 1 tsp. powdered turmeric
- ♥ 1 tsp. powdered ginger
- ♥ ½ tsp. white pepper
- ♥ ¼ tsp. black pepper
- ♥ 10 cups of water

1. In a big pot warm up the olive oil
2. Sauté the diced onion and shallot until golden
3. Add the garlic and sauté for 2 more minutes
4. Add the diced butternut squash, cauliflower, and carrots and stir well
5. Cook for few minutes on low-medium heat. Stir occasionally
6. Add the salt, turmeric, ginger, peppers
7. Stir and add water
8. Simmer on low-medium heat until all veggies are soft
9. Taste and adjust spices to your liking
10. Blend to smooth texture with a stick blender directly in the pot, or transfer to a blender (it will take few transitions due to the large quantity)
11. Add your choice of cream for a creamier texture if desired (I highly recommend it) and mix well

- The slicing and dicing could be rough and doesn't need to be pretty because all gets blended later on.
- Great options for serving - a dollop of sour cream, chopped chives or green onions and crushed pistachios.