

## Carrot Ginger Soup Vegan- Paleo

### Ingredients:

- 1 organic onion, sliced
- 1 inch ginger, peeled and sliced
- 1 tablespoon coconut oil
- 2 pounds carrots, peeled and chopped
- 1 teaspoon cumin
- 1 quart organic veggie stock
- Sea salt and pepper to taste

### Equipment:

- Steamer tray
- Stock Pot
- Blender
- Sauce Pan
- Knife
- Cutting Board

### Instructions:

1. Wash Carrots and slice
2. Saute the onion and ginger in the oil in a medium saucepan until soft.
3. Add the carrot slices and cook for 5 minutes.
4. Add remaining ingredients and simmer for 45 minutes.
5. Cool soup
6. Puree the soup in a blender
7. Enjoy cold or reheat.