[Recipe] An Anti-Inflammatory Carrot Soup With Turmeric

by LAUNIE KETTLER

Carrot Turmeric Soup

What looks more magical on a plate than a combination of carrots and turmeric? Bursting with bright flavors, the two are soulmates. Not only is turmeric so lovely to look at, it's also used as a clothing dye around the world. Which means treat it with a little reverence. The first time I played with it, I literally grabbed some out of the jar with my hands and showed it to my husband.

"How gorgeous is this?" I asked.

I had a chance to really enjoy the hue for a couple of days, because my fingers were stained bright yellow despite vigorous hand-washing. Being a food writer, I consider things like that to be part of doing business. But I did want to warn any other exuberant cooks meeting turmeric for the first time. You don't want to look like a bank thief who had a dye pack go off during the course of a robbery.

Turmeric isn't just good for dyeing things though. It's also incredibly good for you.

It's filled with curcumin, which is an anti-inflammatory compound that can help fight rheumatoid arthritis flare-ups. Also, curcumin has many beneficial effects on some of the factors that can create a foundation for fighting heart disease.

Also, carrots are the perfect food in this age of screens and devices. They're loaded with beta-carotene, which helps promote eye health. They're also filled with antioxidants, which helps promote good heart health.

So, when you want to celebrate the first signs of spring – this is the perfect meal to place on the table. It's healthy, and loaded with fresh flavors!

Turmeric Carrot Soup Recipe

Serves 2.

Ingredients:

- 1 tablespoon olive oil
- 4 medium carrots, cut into ½-inch pieces
- 1 small red onion, diced
- 2 teaspoons freshly grated ginger
- ½ teaspoon kosher salt
- ½ teaspoon lemon pepper
- 4 cups chicken or vegetable broth
- 1 tablespoon lemon juice

- 1 teaspoon of turmeric.

Instructions:

1. Heat olive oil in a medium saucepan over medium heat. Add the carrots, onion, turmeric, and ginger. Season with salt and pepper.
2. Sauté for 5-7 minutes, or until softened.
3. Add the broth and lemon juice.
4. Bring to a boil, cover the pot and reduce heat to a simmer.
5. Cook until the carrots are fork tender, about 15-20 minutes.
6. Using an immersion blender, process until smooth.

Photos by Launie Kettler