

Curry Soup

3 carrots

1 onion

1 large potato

3 celery stalks

2 Anaheim chiles

½ bell pepper

2 garlic cloves
minced

½ lime (squeeze the
juice)

2 tablespoon coconut
oil

1 tablespoon
turmeric



½ teaspoon each of: cinnamon, ginger, coriander, cayenne,

chili powder, cumin and smoked paprika

1-2 teaspoons salt (to taste)

1 can coconut milk

3-5 cups water, according to desired consistency

Over medium heat sauté the celery, onion, chiles, carrots, potato and bell pepper in 1 tablespoon of coconut oil for 3 minutes. For the last minute put in the minced garlic. Add the can of coconut milk and water and bring to a simmer. In another pan, place 1 tablespoon coconut oil and the turmeric on low heat for 2-3 minutes. Turmeric's medicinal properties are drawn best in a low heat with oil. Then add all the rest of the spices. Once mixed, add to the vegetables and coconut milk mixture. Let simmer until the potato and carrots are soft and the flavors have had a chance to blend well (about another 5 minutes).

This can be served over cooked quinoa, brown rice, fresh spinach, or served as a soup. This recipe is best served on a cool day. Serves 5

Recipe by Kelly Pomeroy