

Curried Carrot Soup

There's a lovely warming curry flavor in this delightful dish. It's really nice on a cool fall or winter day.

Serves 4-6

Ingredients:

6 large carrots, peeled and cut into chunks*

2 stalks celery cut into chunks

1/2 C cashews, soaked in water for about 4 hours

1/2" slice of red onion

3 1/2 C water

1/2 red pepper, seeded and cut into chunks

1/2 C cilantro

2 T olive oil

1 t curry powder

1 t Herbamere seasoning

*If you prefer a thinner, lighter soup, juice enough carrots to make about 2 1/2 cups of juice. Cut water back to 1 cup and blend as suggested below.



Preparation:

Toss all ingredients into a VitaMix or high power blender and process until smooth - run a little longer if you like your soup warmed.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>