

# Root Veggie Turmeric Soup

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 small white onions, chopped
- 2 ½ cups chopped parsnips
- 2 ½ cups chopped carrots
- 3 cups chopped rutabaga
- 2 tbsp extra-virgin olive oil
- 1 tsp cumin
- 1 tsp turmeric
- 1/4 cup filtered water
- 2 garlic cloves, finely chopped
- 4-6 cups vegetable or chicken stock
- 1 bay leaf
- 1 tsp sea salt
- 1 can (400mL) full-fat coconut milk
- Chopped parsley for garnish
- Pumpkin seeds to sprinkle on top

## Instructions:

1. Wash and peel the root veggies.
2. In a large soup pot, heat olive oil. Add chopped onions and stir occasionally for 5 minutes. Add the cumin and turmeric and stir for a minute.
3. Add the parsnips, carrots, and rutabaga to the soup pot. Stir and then add the water and saute for 5 more minutes.
4. Next, add the garlic and veggie stock. Start with 4 cups and add extra only if you want a thinner consistency.
5. Add the bay leaf and sea salt. Cook on low for 10-15 minutes or until veggies are starting to get tender.
6. Finally, remove from heat and add full can of coconut milk. Stir until combined. Enjoy right away with some fresh parsley and pumpkin seeds!
7. Store in the fridge for up to 5 days or in the freezer for up to 3 months.

## Notes:

Serves 6 to 8