

Spicy Carrot Ginger Soup

From Angela Crawford, Ph.D., *The Vegan Transformation: A Journey to Heal Yourself and the World*, Lantern Publishing & Media, 2025

Ingredients:

- 2 to 3 cups of chopped carrots (about 6 medium carrots)
- 1 large onion (diced)
- 4 cups water
- 1/2 cup raw cashews, soaked for 2 hours, drained, and rinsed
- 2 to 3 tsp curry powder (depending on how much spice you like)
- 1 to 2 tsp fresh grated ginger
- 2 TBSP soy sauce, tamari, or Braggs Liquid Aminos
- Salt and pepper, as needed
- Cilantro for garnish (or parsley)

Directions:

1. In a large soup pot, combine the carrots, onions, and water. Add the curry powder and ginger. Cover and bring to a boil, then turn down the heat and simmer for 10-15 minutes until vegetables are tender.
2. Place the cooked vegetables, cooking liquid, cashews, and soy sauce into the blender, and blend until creamy. You may have to do this in batches, depending on the size of your blender. If the soup is too thick, add more water. Adjust seasonings as desired. (Add optional salt and pepper as desired).
3. Serve hot and garnish with parsley or cilantro.