

Anti-inflammatory carrot and turmeric creamy soup

COOKING
LOVERS TMCA



Consejo del chef

Serve this soup hot and decorate with a dash of oil, seeds, and fresh parsley.

Raciones para 2

4
Carrots
2
Potatoes
2
Tablespoons of ground turmeric
1
Teaspoon of nutmeg
Salt and pepper to taste
Extra virgin olive oil
Paprika
Parsley
Pumpkin and sunflowers seeds

- 1 Cook peeled and diced carrots and potatoes in a pan with boiling water. When tender, remove the broth excess, add salt and pepper, as well as the spices, and blend until you have a smooth, creamy soup.
- 2 In a bowl, mix one tablespoon of extra virgin olive oil with one teaspoon of paprika to dye the oil.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/crema-antiinflamatoria-de-zanahoria-y-curcuma/>

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