

# 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

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

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