



Natural Life
Choices,™ Inc.

PURPLE CARROTS SOUP



INGREDIENTS:

- » 4 cups of vegetable stock
- » 1lb purple carrots
- » 2 small shallots
- » 4 gloves of garlic
- » 1in fresh ginger
- » 2 teaspoon of rosemary
- » 1 teaspoon coriander
- » 2 potatoes
- » 1 tablespoon of olive oil
- » 1 tablespoon of vinegar
- » Salt and fresh ground black peppers



PREPARATION:

Peel shallots, garlic and ginger and then chop in very small pieces. Warm up olive oil in pan, and then add shallots cook for 1-2 minutes. Then add the garlic, ginger, rosemary and coriander. Peel carrots and potato and cut carrots into columns and potatoes into squares. Put into pot and add stock. Bring to boil then lower heat and simmer for 30 minutes under cover. Turn off heat and add vinegar, salt and black pepper. Serve soup with fresh rosemary.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)