Sweet Potato, Carrot & Turmeric Soup

Submitted by Herlinda and Anna of San Antonio, Texas, participants in Rx for Better Breast Health

Preparation:

1. Heat olive oil in a large pot over medium heat.

2. Add chopped carrots, sweet potatoes, apple, turnips and salt and pepper to cook on medium for 5-10 minutes then reduce heat to low/medium and continue to cook until ingredients are softened, about 45 minutes.

3. Once ingredients are softened, add water or low sodium vegetable broth and continue to cook for another 5-10 minutes on medium heat or until soup is warm.

4. Remove pot from heat. Carefully, add soup through high-powered blender or food processor. Use an immersion blender if you have it!

5. Garnish with fresh or dried herbs and serve.

Ingredients:

3 tbsp. olive oil
5 carrots
1 apple
2 sweet potatoes or yams
2 turnips
2-inch/2.5 cm piece of ginger
2-cups/500 ml water or low sodium vegetable broth
½ tsp. dried turmeric
½ tsp. fresh or dried basil, parsley or cilantro (optional)

Carrot Ginger Soup

Submitted by Mary Teresa of San Antonio, Texas, participant in Rx for Better Breast Health

Preparation:

1. Warm canola oil in pot at medium heat cook onion and carrots stirring until onions soften. Add salt. Do not let carrots or onions brown.

2. Add chicken stock, water and ginger. Bring to a boil, lower temperature to simmer, cover and cook for 25 minutes until carrots are soft.

3. In blender, puree the soup in small batches.