



# MOROCCAN CARROT SOUP

## Ingredients

2 tablespoons extra-virgin olive oil  
1 yellow onion, chopped  
Sea salt  
3 pounds carrots, cut into 1-inch pieces  
1 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cinnamon  
Pinch of red pepper flakes  
1/2 teaspoon saffron threads  
6 cups Magic Mineral Broth, or Chicken Stock, plus more if needed  
2 1/2 teaspoons Meyer lemon zest  
1 tablespoon freshly squeezed Meyer lemon juice, plus more if needed  
1/4 teaspoon Grade A Dark Amber maple syrup, plus more if needed

## Directions:

Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt and sauté until golden, about 4 minutes. Stir in the carrots, cumin, coriander, cinnamon, red pepper flakes, saffron, and 1/4 teaspoon salt and sauté until well combined. Pour in 1/2 cup of the broth and cook until the liquid is reduced by half. Add the remaining 5 1/2 cups of broth and another 1/4 teaspoon salt and cook until the carrots are tender, about 20 minutes.

Put the lemon zest in a blender and puree the soup in batches until very smooth, each time adding the cooking liquid first and then the carrot mixture. If need be, add additional broth to reach the desired thickness. Return the soup to the pot over low heat, stir in the lemon juice, maple syrup, and a pinch of salt, and gently reheat. Taste; you may want to add another squeeze of lemon, a pinch or two of salt, or a drizzle of maple syrup. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

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From *Clean Soups*

by Rebecca Katz with Matt Edelson.



**SHARSHERET**

NATIONAL OFFICE  
1086 Teaneck Road, Suite 2G  
Teaneck, New Jersey 07666

T | 866.474.2774  
E | [info@sharsheret.org](mailto:info@sharsheret.org)  
[www.sharsheret.org](http://www.sharsheret.org)