

Moroccan Carrot Soup

1 tbsp Coconut Oil
1 tsp fennel seeds
1 ½ lbs carrots, sliced ¼ inch thick
½ lb sweet potato, peeled and cubed
1 small granny smith apple, peeled and diced
5 ½ cups organic vegetable broth
2 tbsp long-grain brown rice
¼ tsp curry powder
¼ tsp ground coriander
1 bay leaf
Fresh lemon juice

In large pot, heat oil over medium heat. Add fennel seeds and cook, stir often until fragrant. 2-3 minutes. Add carrots, sweet potatoes and apple and cook, stirring often ~5 minutes. Add broth, rice, curry powder, coriander, and bay leaf. Bring to a boil; cover, reduce heat and simmer until vegetables are tender~ 20 minutes. Discard bay leaf and puree soup in batches in food processor, blender, or with a hand held blender. Add lemon juice and salt/pepper to taste. Ladle soup into serving bowls add an extra tbsp of coconut oil and garnish with pumpkin seeds.