

Flavorful Turmeric Broth

Ingredients

- 1-2 tablespoons olive oil (or ghee)
- 1 onion- diced
- 1 tablespoon fresh ginger, grated or finely minced
- 4-5 garlic cloves- grated or finely minced
- 1-2 teaspoons turmeric powder (or 2-3 teaspoons fresh turmeric, finely grated- or a little bit of both)
- ¼ teaspoon mustard seed (optional)
- 1 teaspoon cumin
- 1 teaspoon coriander
- ¾-1 teaspoon salt
- 4 cups water
- 4 cups veggie or chicken stock
- ¼ teaspoon cayenne, or more to taste

Squeeze of lime or lemon juice (to taste) or 1-2 teaspoons apple cider vinegar (to taste). Garnish with fresh herbs: cilantro, scallions, dill, serve with lime and drizzle of olive oil.

Other optional additions: carrots, celery, fennel, broccoli, celery root, cauliflower, tomatoes, bell pepper, greens, and to make it creamy- add coconut milk if you like!

Directions

1. In a large heavy bottom pot or Dutch oven, sauté onion in 1-2 T olive oil over medium heat for 5 minutes until soft and golden.
Add ginger, garlic, and fresh turmeric and sauté 2-3 minutes until the garlic is fragrant and golden. The mustard, cumin, coriander, and turmeric and sauté 1-2 more minutes.
2. Add water, stock, and salt. Bring to a simmer. Add vinegar or citrus. Taste and adjust salt, citrus/vinegar, and spice level to your liking. You can refrigerate or freeze this in batches to use for later use if you'd like.
3. Remember, uncooked pasta, beans, quinoa, will double or triple in size- so add moderately.
4. If you are cooking the broth for any length of time, uncovered, remember it will reduce- intensifying the flavor and salt. So, you may need to add more water to dilute the intensity.
5. A small drizzle of olive oil (melted ghee or coconut oil) over the soup helps the nutrients in turmeric to bind and more easily absorb into the body. You can also add coconut milk for a creamy version.