



Bella's Carrot, Orange, and Fennel Soup

By Rebecca Katz

The Cancer-Fighting Kitchen by Rebecca Katz (Ten Speed Press, August 2009)

For years I'd made a carrot ginger soup recipe for many of my patients. I had created this variation one afternoon when I improvised with whatever produce was left in my fridge. My husband loved it, and a few weeks and tweaks later, I found that adding cumin, cinnamon, and allspice really brought this soup home. I named this recipe after my dog, Bella, because she's quite possibly the only dog on the planet who prefers carrots to bacon; for every four carrots that go into making this soup, one goes into Bella's mouth

6 servings

Prep Time: 30 minutes

Cook Time: 35 minutes

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 cup chopped yellow onion
- 1 cup chopped fennel
- sea salt
- 3 pounds carrots, cut into 1-inch pieces
- 1 1/2 teaspoons orange zest
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- pinch of red pepper flakes
- 8 cups Magic Mineral Broth or store-bought vegetable broth
- 1 tablespoon fresh orange juice
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon maple syrup
- cashew cream (see recipe below)



Photo: Lori Eanes Photography

Instructions

Heat the olive oil in a soup pot over medium heat, then add the onion, fennel, and a pinch of salt and sauté until golden, about 4 minutes. Stir in the carrots, orange zest, cumin, cinnamon, allspice, red pepper flakes, and 1/4 teaspoon of 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 7 1/2 cups broth and another 1/4 teaspoon salt and cook until the carrots are tender, about 20 minutes. In a blender, 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 liquid to reach the desired thickness. Return the soup to the pot over low heat, stir in the orange juice, lemon juice, maple syrup, and a pinch of salt, and gently reheat slowly.

Add a squeeze of lemon, a pinch or two of salt, or a drizzle of maple syrup if needed. Serve garnished with a drizzle of the Cashew Cream.

Tips

Put liquid ingredients in the blender first, and then add the solids to blend more efficiently. The pressure builds up when blending hot liquids and can blow the lid right off the blender chamber, so always place a dishtowel over the blender lid before you hit the power button to prevent spin art on your kitchen wall (and possibly burns).

Variation: With a little rearranging, you can create a carrot, coconut, and curry soup. Omit the chopped fennel, red pepper flakes, and allspice and add 1 teaspoon of curry powder with the cinnamon and cumin. At the end of the cooking process, stir in 1 cup of coconut milk before blending; you'll probably want to add an extra pinch of salt and a squeeze of lime.

Cashew Cream

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This cashew cream can be paired with a variety of dishes and is a real show-stopper.

4 servings

Ingredients

- 1 cup cashews
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg

Instructions

To make the cashew cream, grind the cashews in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground cashews, lemon juice, 1/4 teaspoon salt, and nutmeg. Blend until very smooth, about 3 minutes.