

# IMMUNITY-BOOSTING TURMERIC SOUP W/VEGETABLES

Immunity-boosting turmeric vegetable soup with broccoli, zucchini, carrots, rice, coconut milk, and more! A nourishing, light yet satisfying healthy soup recipe.

## INGREDIENTS

- 4 Cups Vegetable Broth, \*
- 1/3 Cup White Rice
- 3 Large Carrots, Peeled And Chopped
- 1 Large Crown Broccoli, Chopped
- 1/2 Red Bell Pepper, Chopped
- 1 Medium Zucchini Squash
- 1 Cup Full-Fat Coconut Milk
- 1 (2-Inch) Nub Ginger, Peeled And Grated
- 1 Tsp Ground Turmeric, \*\*
- 2 Tbsp Lime Juice
- 2 Tbsp Coconut Aminos, Or Gluten-Free Soy Sauce
- 1/2 Tsp Sea Salt

## INSTRUCTIONS

1. Add All Of The Ingredients To A Pot, Cover It, And Bring It To A Boil. Reduce The Heat And Cook 15 To 20 Minutes, Or Until The Vegetables Have Reached Desired Done-Ness.

2. Note: For More Flavorful Broth, Add The Vegetable Broth, Turmeric, And Ginger To The Pot And Bring It To A Boil. Cook At A Gentle Boil For 10 Minutes Before Adding The Remaining Ingredients And Cooking An Additional 15 To 20 Minutes.



Serves  
3

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