



## Healthy Turmeric, Ginger & Kale Soup

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

#### Turmeric & Ginger Paste

6 cloves garlic, roughly chopped  
3-inch piece ginger, peeled and sliced  
4-5 medium shallots, sliced  
2 teaspoon fresh lime juice  
2 teaspoon ground cumin  
2 teaspoon ground turmeric  
2 teaspoon ground coriander  
3-4 serrano peppers, sliced (less for milder heat)  
¼ cup O&V [Unflavored EVOO](#) \*

#### Soup

1 ½ tablespoons O&V [Unflavored EVOO](#) \*  
1 can (13.5 oz) coconut milk  
4 cups vegetable stock  
10 oz uncooked soba noodles  
5-7 oz kale leaves, no stalks or stems

#### For Serving

2 spring onions, finely chopped

¾ cup cilantro leaves  
Roasted Chickpeas  
Squeeze of lime plus Lime wedges for serving  
Drizzle of O&V [Roasted Garlic Oil](#) \*

## Preparation

Make the turmeric and ginger paste by combining the garlic, ginger, shallots, lime juice, turmeric, coriander, cumin, and serrano peppers in a food processor. Pulse until all the ingredients are finely chopped. Then add the EVOO and pulse till it is all combined into a thick and smooth paste. Remove from the food processor.

Start the soup by heating the 1½ tablespoons of EVOO in a deep pot at medium high. Add ½ cup of the turmeric and ginger paste (you can save the remainder in the refrigerator for up to 7 days or freeze in an airtight container).

Reduce the heat to medium and cook stirring constantly until the mixture is aromatic (about 4-5 minutes). Add in the coconut milk and vegetable stock. Simmer for 8-12 minutes allowing the flavors to come together. Season to taste with salt.

Add the kale greens and let simmer for 2-3 minute, then remove from the heat.

Separately, bring a pot of salted water to the boil, and cook the noodles according to the package directions until al dente. Drain and rinse under cold water to prevent overcooking. Divide the noodles amongst 4 bowls.

Ladle the soup into the bowls of noodles and top with chopped scallions, cilantro leaves, a generous drizzle of Roasted Garlic oil, and a squeeze of lime. Serve with additional lime wedges.

Serves 4

Active time 25 minutes Total Time: 45 minutes

## Notes

\* A good [Unflavored EVOO](#) adds additional health benefits and flavor and the [Roasted Garlic Oil](#) drizzle makes a huge difference to the flavor of each mouthful of this delicious soup!

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Soups & Salads, Unflavored EVOO, Roasted Garlic Oil, Turmeric, Ginger, Kale, Quick Meal, Weeknight Dinner, Soba Noodles, Mediterranean Eating, World Cuisines,