



Turmeric Vegetable Soup

*A warm, comforting soup filled with vibrant vegetables
and the golden goodness of turmeric.*

INGREDIENTS:

- 1 tbsp. olive oil
~ 1 onion, chopped
- 2 carrots, sliced
- 2 celery stalks,
chopped
- 1 tsp. turmeric
~ 1/2 tsp. black pepper
- 4 cups vegetable broth
~ 2 cups spinach

INSTRUCTIONS:

- 1 Sauté onion, carrots, and
celery in olive oil.
- 2 Stir in turmeric and
black pepper.
- 3 Add broth and simmer
20 minutes.
- 4 Stir in spinach before
serving.

Turmeric and vegetables
create a comforting,
nourishing meal packed
with flavor.



Herbal Tip:

Turmeric may help support
inflammation balance and overall
wellness. Pairing it with black
pepper may help your body
absorb its natural benefits.



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