



# Golden Soup

From: Conlan Lang

Prep Time: 20 min

Serves: 10+

Cook Time: 45 min

## Instructions

- 1) In a large stock pot over medium-low heat, add the avocado oil
- 2) Once the oil is hot, add your onion and let cook until translucent
- 3) Add in your garlic and seasonings and continue to stir around to allow spices to bloom and coat the onion/garlic
- 4) Add in a little veggie stock to deglaze before adding the squash, carrot, potato, and chickpeas, then add the remaining stock.
- 5) Bring the soup to a simmer before adding the Quinoa
- 6) Simmer until the potato and carrot are fork tender (30-40 minutes)
- 7) Finally, stir in the coconut milk and serve

## Ingredients

- 1Tbsp Avocado Oil
- 1 Medium Yellow Onion – roughly chopped
- 6 Cloves Garlic - minced
- 1lb Baby Gold Potatoes – quartered
- 4 Carrots – roughly chopped
- 1 Medium Butternut Squash – cut into ~1-inch cubes
- 2 Cans Chickpeas – rinsed
- ½ Cup Quinoa (dry)
- 8-10 Cups Vegetable Stock
- 1 Can Unsweetened Coconut Milk
- Seasonings (Turmeric, Cumin, Ginger, Curry Powder, Salt, Pepper)

## Notes

Make sure you taste the soup throughout and adjust the seasonings to your taste! I often have to add a bit more as the soup goes to make sure it is still flavorful.

