

Garlic Soup (serves 4)

Ingredients:

- 26 organic (unpeeled) garlic cloves
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- 1/2 cup fresh ginger
- 2 ¼ cups sliced onions
- 4 lemon wedges
- ½ cup coconut milk
- 3 ½ cups organic vegetable broth
- 2 tbsp. olive oil
- 2 tbsp. (grass fed) organic butter
- ½ tsp cayenne powder
- 1 ½ tsps. chopped fresh thyme

Preparation:

- Preheat oven to 350°F
- Put the 26 garlic cloves in a small baking dish, add olive oil and sprinkle with sea salt, tossing to coat evenly
- Cover dish with foil and bake garlic for approx. 45 minutes (until tender and brownish)
- Take out of oven and leave to cool
- Squeeze garlic between fingers to release cloves and put in a small bowl
- On medium heat, melt butter in heavy and large saucepan, then add onions, ginger, thyme and cayenne powder.
- Cook for 6 minutes (until onion is translucent) then add roasted garlic and 26 raw garlic cloves
- Cook for additional 3 minutes then add vegetable broth
- Cover saucepan and simmer for 20 minutes (until garlic is very tender)
- Puree mixture in blender until smooth and transfer back to saucepan
- Add coconut milk, simmer, and add salt and pepper.
- Soup is done – Enjoy!

Note – the soup can be prepared one day before, covered and stored in fridge, then thawed and rewarmed over medium heat with occasional stirring.

You can also freeze the soup into smaller portions so you have it readily available.