

## Turmeric and Cumin Rescue Tea

Servings: 1  
Prep Time: 5 minutes  
Cook Time: 10 minutes  
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### Ingredients

- 1-inch fresh turmeric, finely chopped
- ¼ teaspoon cumin seeds
- 2 cups water

### Instructions

Place ingredients in a pot and bring to a boil. Allow to boil for 10 minutes, until the liquid becomes a vibrant orange. Turn off the heat, cover and let steep for 2 minutes. Fresh turmeric has a lighter, more fresh taste while ground turmeric is more pungent. Enjoy!

Adapted *Joyful Belly recipe*

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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