

Coconut Curry Carrot Soup

Prep time:

20 minutes

Cooking time:

30 minutes

Yields:

6 to 8 servings

Ingredients:

2 tablespoons coconut oil
1 onion, peeled and roughly chopped
8 medium carrots, unpeeled and roughly chopped
3 1/2 cups vegetable stock
One 15-ounce can full-fat coconut milk
1 1/2 tablespoons freshly chopped ginger root
1 tablespoon curry powder
1/2 teaspoon chili flakes
2 tablespoons cilantro, chopped
2 tablespoons chives, thinly sliced
Salt and pepper to taste

Directions:

Heat the coconut oil in a large soup pot and add the onions. Sweat the onions on medium heat for about 2-3 minutes. Add the carrots and cook for another 2-3 minutes. Pour in the stock and coconut milk. Add the ginger, curry powder and chili flakes. Put a lid on the pot and cook until the carrots are softened, about 10 or 15 minutes.

When carrots are soft, carefully blend the soup in batches in a blender (use a towel to hold the lid down firmly) or use an immersion hand blender and puree until smooth. Season with salt and pepper and garnish with fresh herbs, and more chili flakes, if desired.

Chef Mat Shalenko

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