

THAI CARROT GINGER SOUP



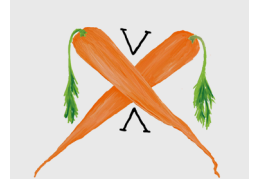
SERVES: 4-6

PREP TIME: 20 MINUTES

COOKE TIME: 25-30 MINS

TOTAL TIME: 45-50 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 1 tsp unrefined coconut oil
- 1 medium yellow onion, diced
- 6 garlic cloves, minced
- 1-3 TBSP fresh ginger, peeled and minced*
- 2 TBSP red curry paste
- 6 cups carrots, peeled and roughly chopped
- 6 cups low sodium vegetable broth
- 1/4 cup raw almond butter
- 1 can coconut milk, full fat or low fat optional
- 1 tsp ground turmeric
- 1/2 tsp sea salt
- 1/4 tsp cayenne pepper (optional)
- 2 cups cooked brown rice (optional)
- Toppings: lime juice, cilantro, roasted almonds

METHOD

Prepare veggies and measure out ingredients.

Heat a large stockpot over medium heat, add coconut oil and onions. Stir and cook for 1-2 minutes.

Add garlic and ginger, cook for another 2-3 minutes, or until onions are translucent. Stir in red curry paste and cook for 1 minute more.

Stir about 1/2 cup vegetable broth in with the almond butter to thin. Add almond butter, remaining vegetable broth, carrots, coconut milk, turmeric, salt, and cayenne pepper, if using. Stir to combine and bring to a boil.

Reduce heat to simmer and cover for 20 minutes, or until carrots are soft. Remove from heat.

To blend, use an immersion blender until desired texture is reached. If you don't have an immersion blender, you can transfer to a heat-safe blender or food processor. This may need to be done in multiple batches.

Serve with desired toppings. I also love serving this soup over brown rice to make it really filling!

NOTES:

*I love the flavor of fresh ginger so I prefer 3 TBSP in the soup for a really noticeable ginger flavor! If you're new to cooking with fresh ginger, or just not into a strong ginger flavor, stick with 1 TBSP!

NUTRITION:

Serving Size: 1/4 recipe Total Calories: 377

Total Fat: 24 g Sodium: 350 mg Potassium: 840 mg

Total Carbohydrate: 32 g Fiber: 10 g Sugar: 16 g Protein 9 g

Vitamin A: 648% Vitamin C: 22% Calcium: 14% Iron: 18% (Percent Daily Value)