

CREAMY THAI CARROT SOUP WITH CRISPY ONIONS (V, GF)

Serves 4

Ingredients

2 TBS butter
1 onion chopped
1/2 tsp salt and pepper
1 lb carrots, chopped
2 C low sodium vegetable broth
1 tsp fresh minced ginger
3 tsp Thai red curry paste
1 15oz can light coconut milk
2 TBS sweet chile sauce
1 bunch cilantro, chopped
Crispy Onions (see in post for directions)

Directions

1. In a large heavy bottomed pot, melt butter over medium high heat and add onions, salt and pepper, cooking for 8-10 minutes, stirring occasionally, until they've softened.
2. Next add in the carrots, ginger and red curry paste, cooking again for 8-10 minutes, stirring occasionally.
3. Pour in broth and coconut milk, stir well and bring to a boil. Lower to a simmer, cover and let it sit for 40-50 minutes, until carrots soften.
4. Once carrots have softened, turn off the heat and stir in the sweet chile sauce. Let it cool, and then use a hand blender (immersion blender) to carefully puree everything into a creamy consistency. You can also use a food processor, just be careful and wait until it has cooled significantly. Season with salt to taste, then serve with crispy onions and fresh chopped cilantro.

