My Global Kitchens

Coconut Curry Carrot Soup

Serves 6

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, roughly diced
- 2 cloves garlic, minced by hand
- 2 teaspoons peeled, finely grated, fresh ginger root
- 1 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground turmeric
- Pinch ground cayenne pepper
- 1 1/2 pounds carrots - scrubbed well-peeled if not organic and cut into 1/4-inch thick coins
- 4 cups chicken broth (Better than Bouillon is my friend here)
- 1 cup low-fat coconut milk
- 2 teaspoons honey

Instructions

Heat the oil in a medium pot over medium-high heat. Once the oil shimmers, add the onion and cook for 3 to 4 minutes, stirring occasionally, until softened. Add the garlic, ginger, cumin, pepper, turmeric and cayenne pepper; cook for 30 seconds, stirring, then add the carrots and the broth.

Increase the heat to high just to bring to a boil, then reduce the heat to medium-low, partially cover and cook for about 12 minutes, or until the carrots are tender.

Stir in the coconut milk and the honey, then puree using an immersion (stick) blender, or in several batches in a regular blender (if using the latter, be sure to allow the soup to cool first.). Serve warm.