# **Carrot Ginger Soup**



Carrots contain fiber, vitamins, and potassium, making them the star of this recipe! They help keep blood sugar under control and are linked to lower cholesterol and improved eye health.

- Ginger can lead to improved immunity
- Coconut milk is linked to heart health

PREP	COOK	SERVES
30 minutes	30 minutes	4-6 people



## **INGREDIENTS**

## For Soup

- 2 Tbsp vegetable oil
- 1 ½ pounds carrots, peeled, chopped (about 4 cups)
- 1 large shallot, chopped
- 1-2 garlic cloves, whole or chopped
- 1-inch piece ginger, peeled
- 2 red chiles, such as Fresno or cayenne, seeded, chopped (optional)
- 1 Tbsp Tajín spice
- 1 Tbsp curry powder
- 1 Tbsp ground coriander
- 115-ounce can unsweetened coconut milk
- 1½ cups water or vegetable stock
- Kosher salt to season as desired

### For Carrot Chimichurri

- 1 carrot, very thinly sliced
- ¼ cup scallions, destemmed parsley and cilantro leaves, all chopped
- 1 tsp toasted sesame seeds
- Red pepper flakes (optional, to taste)
- 1 Tbsp fresh lemon juice
- Pinch of salt
- Olive oil for drizzling

## **DIRECTIONS**

#### Soup

- Heat vegetable oil in a 4- or 5-qt. pot over medium-high heat. Add carrots, shallot and garlic, and sauté for 5-6 minutes or until lightly browned around the edges.
- Add ginger, chiles (optional), Tajín, curry powder and ground coriander. Cook, stirring often, for 4–6 minutes or until vegetables are soft and start to caramelize.
- Add coconut milk and 1½ cups water or vegetable stock. Bring to a boil, then reduce heat and simmer, stirring occasionally until carrots are tender for 20–25 minutes. Turn heat off and let cool.
- Purée with an immersion blender, or carefully in small batches in a blender, until smooth (make sure the small cap on the blender jar lid is removed so steam can escape). Pour back into pot and heat (add salt if needed).

#### Carrot Chimichurri

Place carrot in a small bowl. Add scallions, parsley, cilantro, sesame seeds and crushed red pepper (optional). Add lemon juice, season with salt and pepper, and drizzle with olive oil. Toss to combine.

#### Serve

Divide soup among bowls. Top with Carrot Chimichurri to give it crunch.

