

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
30 minutes

COOK
30 minutes

SERVES
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
- 1 15-ounce can unsweetened coconut milk
- 1 ½ 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

- 1** 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.
- 2** 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.
- 3** Add coconut milk and 1 ½ 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.
- 4** 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

- 1** 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.