

Carrot and Coconut Soup

Ingredients:

- 3 large carrots, chopped small
- 1 onion, chopped small
- 1 tsp fresh ginger, minced
- 1 1/2 tsp curry powder
- 1 3/4 cup vegetable broth
- 1 14 ounce can coconut milk
- Freshly ground Black Pepper and Sea salt, to taste



Preparation:

Simmer the carrots, onions, ginger and curry powder in vegetable broth for 20-25 minutes, until carrots are soft.

Allow to cool slightly, and then puree in blender.

Return to heat and stir in coconut milk until well combined.

Season generously with pepper and salt, to taste.

Serve hot, or, chill until cold and serve as a gourmet vegetarian and vegan appetizer soup. This carrot soup will thicken as it cools, so if serving this vegan carrot soup cold, you may want to add a bit extra liquid.