

Vegan Slow Cooker Curried Carrot Soup

Ingredients

Serves: 6

- 1 onion, chopped
- 2 large potatoes, peeled and cubed
- 1.2kg carrots, peeled and cubed
- 1L vegetable stock, or as needed
- salt and freshly ground black pepper, to taste
- 1 teaspoon dried thyme
- 2 teaspoons curry powder
- 3 to 4 tablespoons coconut milk
- 3 tablespoons crumbled vegan goat cheese
- 1 handful of pistachios, roughly chopped



Method

1. Place onions, potatoes and carrots in the slow cooker. Add enough stock to cover everything. Season with salt, pepper and thyme.
2. Cook on HIGH for 1 hour. Season with curry powder and cook on LOW for another 4 hours or until vegetables are tender.
3. Stir in coconut milk 20 minutes before cooking time is completed.
4. Blend soup in batches or altogether if you have a large blender, until you achieve the desired consistency.
5. Serve immediately in individual bowls. Sprinkle some crumbled vegan goat cheese and chopped pistachios on top.

Note

The vegan goat cheese is totally optional. You can use roasted sunflower seeds, vegan Parmesan cheese or any vegan option of your choice.