

Thai Style Carrot Soup

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measuring cups and spoons
soup pot
chopping board and knife
heatproof stirring spoon
fine grater
vegetable peeler
blender
4 small or 2 large serving bowls

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1. In a soup pot over a medium heat, **warm** **1 TBS coconut oil**
 2. Add and **sauté** until soft **1 onion**, chopped
 3. **Add**
3 medium carrots, chopped
400 ml coconut milk
1½ cups vegetable stock
1 TBS grated fresh ginger, firmly packed
1 TBS chopped fresh coriander, firmly packed
2 cm or 1" piece lime rind (use the peeler)
½ tsp bottled chilli paste (optional)
¼ tsp unrefined salt
 4. *Bring to the boil and simmer* for 20 minutes or until the carrots are soft.
 5. Carefully transfer to the blender and **puree** until smooth.
 6. **Serve** and **garnish** with
extra fresh coriander leaves
dried chilli flakes (optional)
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