

Creamy Thai Carrot Soup



This Thai-inspired carrot soup is creamy, vegan, gluten free, and full of flavor. It's sweet and spicy flavor is perfect for keeping your warm during colder weather!

YIELD 5 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 50 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

1 Tbsp	Olive Oil
1/2 each	Onion, diced
3 cloves	Garlic, chopped
1 ½ lbs	Carrots, peeled, medium dice
2 cups	Vegetable Stock, unsalted or homemade
7.5 oz	Light Coconut Milk (1/2 can)
1/3 cup	Peanut Butter
2 Tbsp	Chili Garlic Sauce

For the Garnish:

¼ cup	Peanuts, dry roasted, unsalted, chopped
1 each	Lime, juiced or cut into wedges

CHEF'S NOTES

Just one cup of this soup meets your needs for Vitamin A intake for the day. Vitamin A is an important nutrient for vision – a cup of soup a day keeps the eye doctor away!

This recipe has a spicy kick. If spice is not your thing, try slightly reducing the chili garlic sauce.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large sauce pot over medium heat. Once hot, add the olive oil then the onions and cook until lightly browned and translucent, about 2-3 minutes. Add the garlic and cook until fragrant, about 30 seconds to 1 minute.
3. Add the carrots and cook until beginning to soften, about 5 minutes.
4. Add the vegetable stock and coconut milk and stir to combine. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes, or until the carrots are very tender.
5. Transfer the soup to a blender and on high until smooth and creamy. Start the blender on low and gradually increase the speed. Cover the lid with a kitchen towel to prevent any overflow while blending.
6. Add the peanut butter and chili garlic sauce to the blender and blend on low to combine.
7. Serve each portion with chopped peanuts and a squeeze of lime juice.

Nutrition Facts

5 servings per container

Serving Size 1 cup (332 g)

Amount per serving

Calories 290

% Daily Value *

Total Fat 20g 25%

Saturated Fat 6g 32%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 25g 9%

Dietary Fiber 6g 23%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 8g 17%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 0.86mg 5%

Potassium 700mg 14%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

