

Carrot Curry Soup

Prep Time: 20 min

Cook Time: 40 min

Servings: 6

This sweet and savory Carrot Curry Soup is perfect for a chilly day. The sweet earthiness of carrots pairs well with the warm notes of curry to create a brightly colored and richly spiced soup. Have any stale bread lying around? Make croutons by cubing bread, toss with oil and seasonings. Evenly layer seasoned cubes on baking sheet. Bake at 350° for 10 minutes, stirring frequently, until crispy.



Ingredients

- 4 cups carrots, chopped
- 1 medium russet potato, peeled and chopped
- 1 yellow onion, chopped
- 1/4 cup coconut oil
- 4 cups vegetable stock
- 1 15 oz can unsweetened coconut milk
- 1 Tbsp curry powder, or more to taste
- 1 tsp cumin
- salt, to taste
- 1 bay leaf

Steps

1. Wash and prep all of the vegetables.
2. In a large pot, heat coconut oil over medium heat. Add yellow onion. Sweat onion 5–7 minutes until soft and translucent, being careful not to brown the onions. If necessary, reduce heat.
3. Add carrots, potato, stock, coconut milk, bay leaf, curry and cumin. Place a lid on the pot and reduce heat to low. Simmer soup for 40 minutes then remove from heat.
4. Use immersion blender to purée or wait for soup to cool before transferring to blender in batches. If using blender, purée each batch until smooth, then transfer back to the pot and re-heat over medium heat. Season to taste with salt and serve hot.
5. If you made croutons: top soup with croutons before serving.