



CURRIED COCONUT CARROT SOUP

Recipe adapted from Cook for Your Life

INGREDIENTS

- 1 15-oz can white beans, drained and rinsed
- 1 Tbsp oil
- 1 medium onion, chopped
- 2 tsp curry powder
- 2 Tbsp fresh ginger, peeled and chopped
- 2 garlic cloves, minced
- 2 lbs carrots, cut into 1/2 inch pieces
- 3 cups water or vegetable stock
- 1 15-oz can full fat coconut milk
- Cilantro for garnish



PREPARATION

1. In a medium stockpot, heat oil over medium-high heat. Add onion and cook for 5 minutes or until translucent. Add curry, ginger, and garlic. Stir for 2 minutes.
2. Add carrots and beans. Cover and let carrots steam for 5 minutes, stirring occasionally. Uncover and add water or broth and coconut milk. Bring soup to a boil then cover and simmer for at least 30 minutes, or until carrots are soft.
3. Puree soup until very smooth with an immersion blender or blender. Heat through, adding more water as needed for desired consistency. Serve with cilantro sprinkled on top.

NOTES

- Recipe yields 4 servings
- Enjoy with crackers, bread, or pita on the side or toasted nuts/seeds sprinkled on top
- Store in an airtight container in the refrigerator for up to 5 days; soup can also be frozen

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